



## July is BIPOC Mental Health Awareness Month

Getting needed mental healthcare is often more difficult for individuals within BIPOC (Black, Indigenous and People of Color) and LGBTQ+ communities.

They face unique stressors that increase vulnerability to mental health conditions when it comes to accessing mental health help.

Through your Employee Assistance Program, you have access to free, confidential resources. Call 1-800-450-1327 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) (use Principal Core) to get started.

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