**Subject line:** July is Black Indigenous and People of Color (BIPOC) Mental Health Awareness Month - Reduce the stigma

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| Background pattern  Description automatically generated with low confidence |
| |  | | --- | | **July is Black Indigenous and People of Color (BIPOC) Mental Health Awareness Month**  BIPOC and LGBTQ+ communities face unique stressors that increase vulnerability to mental health conditions. Increasing awareness of the issues people of color and those in marginalized communities face helps reduce stigma so that those with mental health concerns can get the help they need to thrive in their lives.  During BIPOC Mental Health Awareness month, we would like to remind you that your program provides a variety of emotional health and wellbeing resources and services to help you and your household members improve mental health and wellbeing.  Your program is available any time, day or night. You can use it as a resource for self-help tools, counseling, financial wellbeing and other life enrichment services that are free of charge and totally confidential to use.  Visit the member website [links to MagellanAscend.com or Member.MagellanHealthcare.com] today or call 1-800-xxx-xxxx for compassionate and caring support. | |
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