

July is BIPOC Mental Health Awareness Month

Protect and manage your closest relationships

Black, Indigenous and People of Color (BIPOC) are at risk of experiencing unique trauma. Practice recognizing triggers, setting boundaries and engaging in self-care to protect relationships.

Help is available. Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit Member.MagellanHealthcare.com (enter Principal Core).



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Sources: Mental Health America, Psychology Today, Inclusive Therapists

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