

National Minority Mental Health Month

July marks Bebe Moore Campbell National Minority Mental Health Awareness Month, which honors the legacy of Bebe Moore Campbell, an American author, journalist, teacher, and a mental health trailblazer who used her words, voice, and experiences to end stigma in communities of color.

Minority populations often experience disparities in accessing mental health services due to factors such as cultural stigma, language barriers, and lack of culturally competent care. At NAMI Fox Valley, we know that it is critical that mental health resources and supports be accessible by all individuals and families who need them. We are committed to working to address accessibility gaps in our own organization and in our community.

We are particularly proud of our Spanish-language programming, which includes a monthly women's peer support group, one-on-one peer support, and mental health education opportunities.

We are also excited to have two members of our leadership staff participating in a year-long cultural competency learning community sponsored by the DRIVE Health Project, an initiative that is focused on creating a culturally specific model to support unmet mental health needs in the Hmong and Black communities.

Finally, we have invested over the past year in several trainings for all NAMI Fox Valley staff focused on topics relating to diversity, equity, and inclusion. We are grateful to our friends at Us2 Behavioral Health for facilitating these trainings.

In this National Minority Mental Health Month – and in every month! – we invite you to join us in raising awareness, advocating for equitable mental health care, and fostering a supportive environment for all!

In This Issue

National Minority Mental Health Month

[Family & Friends Seminar](#)

[Save The Date: An Intimate Conversation on Mental Health with Author Meg Kissinger](#)

Upcoming

Family & Friends Seminar

Tuesday, August 20
6-8 PM, Hybrid Event

[REGISTER ONLINE](#)

Family-to-Family

Mondays, Sept. 9-Oct. 28
6:15-8:45 PM @ NAMI Fox Valley

[REGISTER ONLINE](#)

NAMIBasics On Demand

Self-paced with 3 Discussion Groups
in October

[REGISTER ONLINE](#)

Navigating the complexities of mental health can be daunting for both individuals and their loved ones. That's where NAMI Family & Friends comes in—a free, 2-hour seminar designed to inform adult individuals who have loved ones with a mental health condition how to best support them.

During the seminar, attendees will explore:

- Understanding Mental Health Conditions: Learn about common mental health disorders, their symptoms, and treatment options.
- Effective Communication Strategies: Gain skills for compassionate and productive conversations with loved ones.
- Navigating the Mental Health System: Receive guidance on how to access services, support, and treatment.
- Self-Care for Caregivers: Discover strategies for maintaining your own well-being while supporting others.
- Crisis Preparation Strategies: Understanding how to respond in a crisis and what resources are there to help.
- NAMI Fox Valley and community resources

NAMI Family & Friends offers a compassionate space for participants to connect with others facing similar challenges. It's not just about learning—it's also about finding community and strength together.

Space is limited and registration is required. Register today below!

Upcoming Seminar:

Date: Tuesday, August 20, 2024

Time: 6:00-8:00 PM

Location: In-Person at NAMI Fox Valley or virtually via Zoom

REGISTER ONLINE



Save the Date

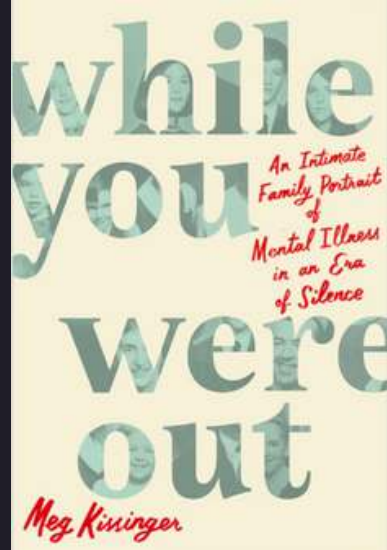
AN INTIMATE CONVERSATION
ON MENTAL HEALTH
WITH AUTHOR MEG KISSINGER

Tuesday, September 17th, 2024 | 6:00–8:00 PM
Bubolz Nature Preserve | 4815 N Lynndale Dr., Appleton

HOSTED BY:



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SATURDAY, OCTOBER 5, 2024
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Save the Date!