

Bebe Moore Campbell National Minority Mental Health Awareness Month

July is Bebe Moore Campbell National Minority Mental Health Awareness Month. This month, we honor the legacy of Bebe Moore Campbell by raising awareness, sharing resources, and standing in solidarity with communities who have long faced barriers to mental health care.

Bebe Moore Campbell was a best-selling author, journalist, and co-founder of NAMI Urban Los Angeles. She was a passionate champion for mental health education and support in underserved communities. In 2008, the U.S. House of Representatives formally recognized July in her name to bring attention to the mental health needs and disparities faced by BIPOC communities.

At NAMI Fox Valley, we are committed to advancing mental health equity and ensuring that everyone has access to culturally responsive care and support. We recognize that racism, discrimination, and historical trauma all impact mental health and that these experiences are often met with too few resources and too many barriers to care.

Not only in July, but every month, we invite our community to listen, learn, and take action. Whether by amplifying BIPOC voices, educating ourselves on the effects of systemic inequality, or advocating for inclusive mental health policies, each of us can play a role in creating a more equitable and compassionate system of care.

Together, we can honor Bebe Moore Campbell's vision of a world where no one feels alone in their mental health journey.

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Upcoming

Family-to-Family

Mondays, Sept. 8-Oct. 27

6:15-8:45 PM

NAMI Fox Valley, Appleton

[REGISTER ONLINE](#)

Crisis Intervention Partners (CIP) Training

September 3-4 | 8:00AM -4:30PM

Catalpa Health, Appleton

[APPLICATION](#)

NAMIWalks Fox Valley

Saturday, October 4

Fox Cities Stadium, Appleton

[SIGN UP TO WALK](#)

nAMI Walks Fox Valley

Why Will You Walk?

Why will you walk in NAMI Walks Fox Valley this year? Is it for the 20% of individuals in our community living with a mental health condition? For yourself or a loved one?



For Amy Van Asten, walking is an act of remembrance and advocacy. She walks in honor of her daughter, Kennedy “KK” Van Asten, whose 10-year battle with an eating disorder ended far too soon. KK was strong, funny, and generous, and Amy walks on team “KK’s Fight” to shine light on mental illness and help ensure other families feel less alone in their fight.

For Dereck, walking is a way to give back. After a mental health crisis and hospitalization, he found healing through day treatment at ThedaCare Behavioral Health and discovered the support of NAMI Fox Valley. His team, Mind > Matter, walks to raise awareness of the important resources available in our community and to remind others that even in their darkest moments, they are never truly alone.



Whatever your reason, we invite you to join us for **NAMI Walks Fox Valley on Saturday, October 4** at Fox Cities Stadium in Appleton for a meaningful 5K walk in support of mental health. Whether you're walking to honor a loved one, support your own journey, or help raise awareness, your presence makes a powerful impact. Registration is free and open to all, and every dollar raised helps fund NAMI Fox Valley's free mental health programs for our community. Visit our [website](#) for full event details, including route info, sponsor highlights, and ways to get involved.

Ready to join us? Click the “Register” button below to get started. Once you've signed up, download our new, user-friendly Fundraise4NAMI app (QR code on page three) to make fundraising simple and convenient - right from your phone. We can't wait to walk with you!



New! FUNDRAISE4NAMI APP



TRACK YOUR PROGRESS



SHARE YOUR STORY



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iOS



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Download the
App Now

Upcoming Crisis Intervention Partners (CIP) Training

NAMI Fox Valley, the Appleton Police Department, and the Outagamie County Sheriff's Office are hosting a powerful two-day training this September designed to equip community professionals with the tools to respond more effectively and compassionately to mental health crises. **The Crisis Intervention Partners (CIP) Training will take place on September 3rd-4th, 2025, from 8:00 AM to 4:30 PM at Catalpa Health in Appleton.**

This 16-hour training is designed for professionals such as correctional officers, teachers, first responders, hospital staff, and social workers. Topics include:

- Mental illness overview
- Suicide prevention
- Crisis de-escalation techniques
- Autism, dementia, and trauma-informed care
- Lived experience stories and hearing voices simulation
- And more!

Participants will gain practical tools for interacting with individuals in crisis, while also learning how to care for their own mental health.

Space is limited. **Applications are due by Wednesday, August 27, 2025**, or until full. Lunch is provided both days.

To register, email the completed [application](#) to Joshua.Hopkins@outagamie.org.



Questions? Contact:

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