



Resources *for* Living[®]

Find mental health support that meets your needs

The mental health of Black, Indigenous and People of Color (BIPOC) has been affected by stigma, lack of access to services and discrimination. Black, Indigenous and People of Color are less likely to seek help or find mental health providers who understand their unique needs and preferences.¹

You can reduce the stigma around mental health by sharing your story and encouraging others to get help when needed.

If you or someone you know needs support, reach out. We can help you find a culturally competent licensed counselor who understands your needs. Finding the right care can make change for the better possible.

¹Mental Health America. [BIPOC Mental Health Month](#). Available at: mhanational.org. Accessed May 2023.

Find resources to support BIPOC mental health.

We're here to help you find resources and services that fit your needs and preferences. Reach out today.

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2314000-01-01-RFL (7/23)