



# RESOURCE TOOLKIT

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**JULY 2021**



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# JULY RESOURCE TOOLKIT



July is BIPOC Mental Health Month.

The U.S. House of Representatives formally recognized July as "Bebe Moore Campbell National Minority Mental Health Awareness Month" in 2008. Bebe Moore Campbell was a mental health advocate who worked to raise awareness of the mental health needs of Black and other underrepresented communities.

## TAKE ACTION



Many have begun phasing out the term "minority" and started using "BIPOC" (Black, Indigenous, and People of Color). The effort acknowledges the potential of the term "minority" to be synonymous with inferiority. The shift towards the term BIPOC places a focus on the quality and personhood of the BIPOC communities rather than their quantity.

If this is your first Free Your Feels Resource Toolkit, you'll notice a "Take Action" section on each page. Inside you'll see a small action (ie. watch a video, register for a webinar, have a conversation, etc.) we're asking you to take to improve youth mental health. First up -- click on our Facebook and Twitter pages to make sure you are following them. Throughout the month, be sure to share the posts you see there.

We hope you'll find this new toolkit useful.

# FOR YOUTH/TEENS

**FREE**  
your  
**FEELS**

The cost of getting help from a mental health professional shouldn't hold anyone back from seeking help. The Free Virtual Therapy Groups for Teens and Young Adults initiative was developed to cover the cost for 100 virtual group sessions nationwide by licensed, culturally competent clinicians.



## TAKE ACTION

Find a Georgia-based, free, virtual therapy group from the Boris Lawrence Henson Foundation [here](#).



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



# PARENTS OF INFANTS & TODDLERS



It's never too early to start talking about mental health. Movies, videos, and books can provide a perfect opportunity to start important conversations with children about the topic of BIPOC mental health. The organization On Our Sleeves curated a list of selected media, segmented by Pre-K, School-Aged, and Adolescent, that can help guide parents.



## TAKE ACTION

Check out this [list of selected media](#) that can help you get the conversation started.



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# PARENTS OF SCHOOL-AGED YOUTH



Tap into the power of music with the Sound It Out campaign. The campaign targets Black and Latinx communities where discussions about mental and emotional health are highly stigmatized. Sound It Out uses music to help parents and caregivers better support their middle schooler's emotional wellness by modeling early what it means to talk about your mental health.



## TAKE ACTION

Watch this video to learn more. Go to the Sound It Out website for caregiver guides, conversation starters, and more!



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



# PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS



Society is too often unkind to BIPOC children, which means they are at a higher risk of being unkind to themselves and each other. Educators can change this dynamic by nurturing joy and resilience in young BIPOC children.

A logo for "talking race & kids" featuring two overlapping speech bubbles, one pink and one blue, on a dark purple background. The text "talking" is in a large, white, serif font, "race & kids" is in a smaller, white, serif font, and "online conversations" is in a small, white, sans-serif font.

talking  
race & kids  
online conversations

A logo for "embracerace" featuring a small icon of two overlapping speech bubbles, one pink and one blue, above the text "embracerace" in a white, sans-serif font.

embracerace

## TAKE ACTION

Watch "Nuturing Resilience & Joy in/among Young BIPOC children," featuring a conversation between two educators and consultants in the early education and equity space.



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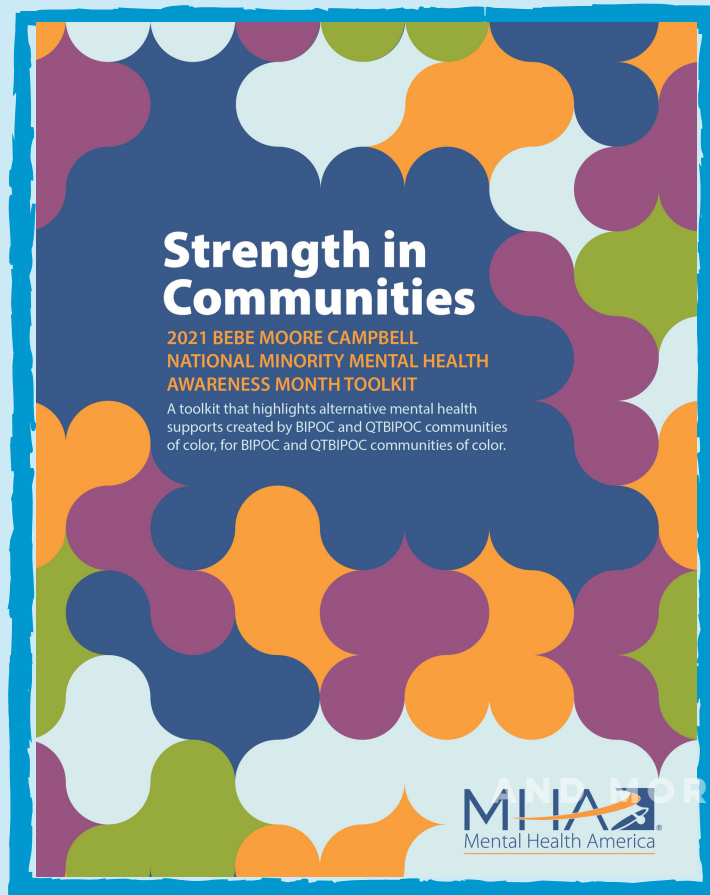




# PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH

FREE  
your  
FEELS™

Traditional systems struggle to be culturally relevant and inclusive for marginalized communities. They neglect the unique needs, experiences, perspectives, and cultural and community-based practices of BIPOC and other marginalized identities. This toolkit from Mental Health America highlights alternative mental health supports.



## TAKE ACTION

Download the  
2021 BIPOC Mental Health Month  
toolkit from Mental Health America

Also check out last year's toolkit, with resources specific to the impact of trauma on various communities, such as: Black, Hispanic/Latinx, Asian American/Pacific Islander, Native and Indigenous, and LGBTQIA+.



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## **QUESTIONS? CONTACT**

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## **NEED ADDITIONAL RESOURCES? CONTACT**

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