July is Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month

If you have a mental health problem, you may worry about what other people will think of you.

Here are some ways you can help others better understand mental health problems.

• Let them know that your mental health problem is a medical problem that can be treated.

• Show them your strengths and talents. Don’t let your mental health problem keep you from going after things you want to do.

• Remember that “you are the message.” You can show how you want to be treated by the way you act. Treating yourself with respect can set an example for everyone.

• Talk about your recovery. This will help them understand the challenges you face.

• Accept that you may need breaks during activities. Your symptoms may make it harder to focus on things for a long time.

• Work with your family and doctor to set goals you can reach. Let them know what changes you want to make in your life.

For more information, visit healthwise.net/MagellanHealth (search for “mental health”) and MagellanHealthcare.com/BIPOC-MH.