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.

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