



## July is BIPOC Mental Health Awareness Month

# Meaningful connections promote mental wellbeing

Building sincere connections with Black, Indigenous and People of Color (BIPOC) individuals lowers their likelihood of mental health concerns like anxiety and depression.

### Keep an open mind

Appreciating different perspectives fosters a sense of belonging and unity. In turn, the BIPOC community becomes stronger and more resilient.

### Move past small talk

Going beyond surface-level interactions and engaging in deeper conversations facilitates genuine connections with BIPOC individuals.

### Practice active listening

Showing empathy, asking follow-up questions and demonstrating understanding shows you value BIPOC individuals' thoughts and feelings and builds deeper connections.



For more information, scan the QR code to visit your Employee Assistance Program member website, [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core), or call 1-800-450-1327 (TTY 711).

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