



July is BIPOC Mental Health Awareness Month

Support your mental wellbeing through culture, care and connection

For Black, Indigenous and People of Color (BIPOC), food can be a powerful way to connect with heritage, foster healing and honor traditions. Combined with meaningful self-care practices, these connections can help support mental wellbeing and bring balance to our lives.

Nourish with tradition

Replace processed food with fresh ingredients rooted in your culture and swap out sugary drinks with herbal teas or infused water.

Restore through cultural self-care

Make space for practices that ground and affirm you—like dancing to familiar music, journaling your story or honoring spiritual traditions.

Connect through shared meals

Cook with others, exchange recipes or host a potluck where each person brings a dish that reflects their heritage.

Maintaining even the smallest connection to your cultural roots can help you feel more grounded and resilient.



Scan the QR code to visit Member.MagellanHealthcare.com or call your Employee Assistance Program at 1-800-356-7089 (TTY 711) to get started.