

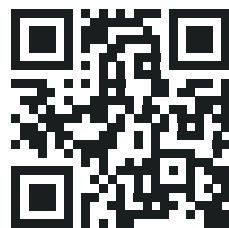


July is BIPOC Mental Health Awareness Month

Meaningful connections promote mental wellbeing

Healthy social connections are important for Black, Indigenous and People of Color (BIPOC) mental health. Strong social connections help prevent serious mental health concerns like anxiety, stress and depression, and improve longevity.

Connect with others today—wherever you are—to support BIPOC mental health.



**Scan the QR code to visit your member website
for more information.**