



July is BIPOC Mental Health Awareness Month

Cultivating culture, community and connection to support BIPOC

Creating inclusive communities where Black, Indigenous and People of Color (BIPOC) feel a sense of belonging and support is important to their wellbeing.¹ Research shows individuals with strong social connections are 50% more likely to live longer and have a better chance of preventing serious illnesses like heart disease, stroke, dementia, anxiety and depression.²

Here are five ways you can connect with BIPOC to cultivate culture, community and connection.

- 1 Explore the values, beliefs and traditions of diverse cultures:** Exploring BIPOC articles, books, documentaries, cultural museums, languages or cuisines can cultivate respect, empathy and inclusivity.
- 2 Seek authentic connections:** Build meaningful BIPOC relationships by finding common ground, personally and professionally. Genuine cultural connections can emerge from supportive neighboring, discussing shared interests or embracing diverse perspectives to achieve common goals.
- 3 Engage in community activities:** Volunteer to support the BIPOC community by assisting at events or with organizations serving BIPOC populations.
- 4 Promote services and resources that help BIPOC communities:** Sharing information about services, resources and job opportunities online or through personal networks can aid BIPOC communities significantly.
- 5 Support BIPOC organizations:** Strengthen community ties and show commitment to BIPOC concerns by supporting BIPOC organizations. This can include buying from local BIPOC businesses, amplifying their voices on social media and advocating for BIPOC needs in civic forums.

Together, we can build a more inclusive and supportive community for all. Every action counts in fostering culture, community, connection and BIPOC wellbeing.



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

1. psychcentral.com, 2. cdc.org