



JULY 2025

Coming in JULY:

7/4: OFFICE CLOSED

7/10: BOARD MEETING

**MINORITY MENTAL
HEALTH MONTH-
LISTENING,
LEARNING, SHOWING
UP**

**Mental
health
matters**

Muskingum Area Mental Health & Recovery Services Board

Minority Mental Health Month—Listening, Learning, Showing Up

July is Minority Mental Health Month—a good reminder for all of us to take a step back and really think about what mental health support looks like in our communities.

Let's be honest: mental health care isn't always fair or equal. For people in racially and ethnically diverse communities, there can be extra barriers—like stigma, discrimination, language gaps, or just not feeling safe opening up to someone who doesn't get it. That's not some abstract issue; that's real life for a lot of our neighbors.

I'm not part of these communities myself, so I won't pretend to speak for them. But I can stand with them. I can make space. I can do my part to listen better and help make sure mental health care is welcoming and respectful for everyone.

Minority Mental Health Month isn't about ticking a box. It's about acknowledging that “one-size-fits-all” doesn't work. It's about supporting culturally competent care, building trust, and making sure people know help is there—without fear or judgment.

At the MHRS Board, we're working to make sure our resources and partnerships reflect that. We want to show up in ways that matter, ask better questions, and actually hear the answers.

If you're part of these communities, I want you to know this: your mental health matters. Your story matters. You deserve care that sees you, respects you, and supports you.

And for those of us who aren't? Let's use this month to do what allies should: listen more, talk less, and figure out how to show up better.

If you need help, call 988 anytime. For local resources, visit www.mhrs.org. Let's keep making this community safer, kinder, and more connected for everyone.

