



Family Voices United to End Racism against CYSHCN and Their Families (FamU)

Black History 365

July: On May 21, 2008, the United States 110th Congress passed HR 134 establishing July as Bebe Moore Campbell National Minority Mental Health Awareness Month.

The resolution states:

- Improved access to mental health treatment and services and public awareness of mental illness are of paramount importance.
- There is an important need for improved access to care, treatment, and services for those diagnosed with severe and persistent mental health disorders and improved public awareness of mental illness.
- An appropriate month should be recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month to enhance public awareness of mental illness and mental illness among minorities.

About Bebe Moore Campbell

Bebe Moore Campbell (1950-2006) was a New York Times bestselling author, journalist, teacher, and mental health advocate. Moore Campbell was one of the founding members of the National Alliance on Mental Illness Urban Los Angeles in Inglewood, CA, a predominantly Black neighborhood. This NAMI affiliate was one of the first created with a primary mission of addressing the needs of communities of color.

Moore Campbell's published works include *Sometimes My Mommy Gets Angry*, a children's book, and *72-Hour Hold*, a novel, which tackle the emotions and experiences of coping with bipolar disorder.

GirlTREK is "a global movement of Black women leveraging the historic legacy of walking and the power of self-care as a pathway to heal and transform" their lives. In the 2019 GirlTREK member survey, it was reported that 90% of members experienced fewer symptoms of depression.



Multimedia

- [Bebe Moore Campbell's Legacy: Mental Health for ALL](#) – Episode 25
- [Mental Health Care in Minoritized Communities](#) – Episode 48



Readings

- [Sometimes My Mommy Gets Angry](#) by Bebe Moore Campbell
- [72-Hour Hold](#) by Bebe Moore Campbell



TV / Videos

- Bebe Moore Campbell describes her involvement with the National Alliance on Mental Illness on [The HistoryMakers website](#).
- [Bebe Moore Campbell reads from her novel, 72-Hour Hold](#)



Jams

This month, listen to what makes you feel good! Read about [The Power of Music in Mental Wellbeing](#) from the American Psychiatric Association.

