

JULY IS BLACK, INDIGENOUS, AND PEOPLE OF COLOR (BIPOC)  
MENTAL HEALTH AWARENESS MONTH

## PROTECT AND MANAGE YOUR CLOSEST RELATIONSHIPS

Black, Indigenous and People of Color (BIPOC)  
are at risk of experiencing unique trauma.  
Practice recognizing triggers, setting boundaries  
and engaging in self-care to protect relationships.

Through EAP, you have access to free, confidential  
resources. Call 1-866-327-4762 or visit  
[eap.calhr.ca.gov](http://eap.calhr.ca.gov) to get started.

*Sources: Mental Health America, Psychology Today, Inclusive Therapists*

