

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

Mental health conditions do not discriminate
based on race, color, gender or identity.

YOU ARE NOT
ALONE



Help is available. Through EAP, you have access to free, confidential resources.
Call 1-866-327-4762 or visit eap.calhr.ca.gov to get started.