



**"...because no one does it alone."
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**JUST CARE FAMILY NETWORK OBSERVES
NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH**

[Memphis, TN] — Just Care Family Network (JCFN) joins Shelby County in observance of Bebe Moore Campbell National Minority Mental Health Awareness Month to raise awareness about severe mental illness in diverse communities.

In 2008, the U.S. House of Representatives designated July as Bebe Moore Campbell National Minority Mental Health Awareness Month. Campbell was a leading African American journalist and novelist, and a national spokesperson for individuals and families affected by mental illness. She died in 2006.

Since 2008, JCFN has offered children 5-19 years old with mental health challenges in Shelby County the services and supports they need to thrive at home, at school, and in the community. Research has shown that when children as young as 18 months are exposed to traumatic events, they can develop serious psychological problems later in life and have a greater risk for experiencing problems with substance abuse, depression, and physical health.

“Unfortunately, disparities in mental health care still prevent people in diverse communities from getting the treatment they need. The outcomes of poorer quality of care come at a high cost to our community,” said Dr. Altha Stewart, Executive Director of Just Care Family Network. “Our goal is to educate people about mental illness, treatment and research, eliminate stigma and prevent economic burden. All people deserve access to quality mental health services.”

Mental illness affects one in four American families and people in diverse communities are no exception. The U.S. Surgeon General reports that minorities:

- are less likely to receive diagnosis and treatment for their mental illness
- have less access to and availability of mental health services
- often receive a poorer quality of mental health care
- are underrepresented in mental health research

JCFN urges your organization to proclaim July as National Minority Mental Health Awareness Month, thereby encouraging the community to better educate themselves about mental illness, undergo free mental health and depression screenings and, if necessary, seek successful treatment for themselves or family members.

For additional information about National Minority Mental Health Awareness Month, and to access resources and suggested activities, visit: www.nami.org/minoritymentalhealthmonth.

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