



Mental Health Matters

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July Is BIPOC Mental Health Awareness Month

This month we're focusing on the unique mental health struggles faced by Black, Indigenous, and People Of Color (BIPOC) and other underrepresented groups in the U.S.

BIPOC Mental Health Discussions On WOODTV8



This month, Pine Rest's Elizza LeJeune talks with eightWest's Rachel Ruiz. Click on the link below for the schedule and links to segments that have already aired.

- The history of BIPOC Mental Health Month
- The effect racism has on healthcare and wellbeing of BIPOC individuals
- The Soft Life: How black women are fighting back against stress, trauma & depression
- Coping tips for dealing with racial trauma in the news

[Watch All Aired 'Daily Two' Segments](#)

Finding A Therapist Who's A Good Fit



It can be frustrating and annoying to have to explain racial, cultural and ethnic norms to a

therapist. Dr. Lisa B. Taylor, Manager of Pastoral Services at Pine Rest, walks readers through how to find a therapist who is a good fit so you can focus on your issues during your sessions.

Tips To Help Choose The Right Therapist For You

Diversity Collective: Culturally Responsive Care



Pine Rest recently launched the Diversity Collective, linking clients who are part of the Black, Indigenous, and People of Color community with a therapist of similar background to theirs.

To schedule a new outpatient appointment, call 866.852.4001 or visit our [Schedule Your First Telehealth Visit](#) page.

Learn More at pinerest.org/Diversity

How Bystanders Can Shut Down Microaggressions



Learn how to move from being a passive witness to an active ally when you see a friend, colleague, or stranger targeted by a microaggression because of their race, gender, sexual orientation, nationality, age, weight, or any other aspect of their intersectional, social, or personal identity.

How To Be An Ally & Stand Up Against Microaggressions

8 Tips To Ease Kids' Back-To-School Concerns



Back-to-school can be an exciting time, but it's common for children to be a bit anxious. They may be worried about new teachers, new routines, and a lot of other unknowns. All children can benefit from feeling prepared, and parents can play a big role in helping ease those back-to-school fears.

Upcoming Support Groups & Community Classes



Family & Friends of Aging Adults Support Group

Cost: No Charge

Our monthly support group for Families & Friends of Aging Adults is designed specifically for those who are caregivers to older adults, and provides an opportunity to gather information, gain answers and grow. [Learn More.](#)



SELAH Domestic Abuse Awareness Group

Cost: No Charge

Support that Empowers Lives And Homes. This 10-week women's educational group will teach and equip group members to find clarity and direction in their life and relationships. [Learn More.](#)

Complete List of Available Support Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to [sign up today!](#)