

# HOUSATONIC COMMUNITY COLLEGE

“MENTAL HEALTH IN A MINUTE ”



## MINORITY MENTAL HEALTH AWARENESS MONTH JULY

### Did you know?

In America, mental illness affects 1 in 5 adults and 1 in 6 children (ages 6-17) experience a mental health disorder according to the National Alliance of Mental Illness (NAMI). The U.S. Surgeon General reports that racial and ethnic minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to mental health services often receive a poorer quality of mental health care.

During **National Minority Mental Health Awareness Month**, encourage your family, friends, and loved ones to learn more about improving mental illnesses and disorders and help raise awareness in your community.



### GET HELP IN CT!

If you or someone you know is struggling ...

Call 211,

**DMHAS 1-800-563-4086, 24/7**

**YOU CAN ALSO SEE AN HCC  
COUNSELOR**

**203-332-5285**