

July Campaign
Focusing on the Mental Health of Racial and
Cultural Minority Communities

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7 Pages



July Campaign – Focusing on the Mental Health of Racial and Cultural Minority Communities

Goal: Public education, awareness raising, and suicide prevention

Content Structure: Three key areas:

1. **Educational Content**
2. **Practical Coping Strategies**
3. **Suicide Prevention in the Context of Anxiety**

Content 1: Educational

Mental Health in Racial and Cultural Minority Communities:

When Overlooked Social Pressures Affect Psychological Well-Being

What Is Mental Health in the Context of Minority Communities?

Mental health is influenced not only by individual factors but also by social, cultural, and structural experiences. Individuals who belong to racial, ethnic, linguistic, religious, or cultural minority groups often face additional psychological burdens beyond everyday stress. These may include discrimination, stereotyping, social exclusion, marginalization, and unequal access to opportunities and mental health services.

What Is Minority Stress?

Minority stress refers to the chronic psychological strain resulting from ongoing experiences of discrimination, prejudice, social invisibility, or the need to conceal aspects of one's identity in order to feel accepted or safe.

Over time, this chronic stress can significantly increase the risk of anxiety disorders, depression, psychological burnout, and social isolation.

Common Signs

- **Feeling that you do not truly belong**
- **Anxiety in social situations**
- **Emotional exhaustion from constantly trying to be accepted**
- **Reduced self-confidence**
- **Feeling lonely, even when surrounded by others**
- **Avoiding seeking help due to fear of judgment or misunderstanding**

Key Message

Many psychological difficulties experienced by members of minority communities are not signs of personal weakness. Rather, they emerge through the interaction of individual, social, and structural factors.

Content 2: Practical Strategies

How Can You Protect Your Mental Health from the Effects of Discrimination?

Exercise 1: Identify the Source of the Pressure

Ask yourself:

- **Is this feeling truly the result of a personal shortcoming, or is it connected to experiences of discrimination or exclusion?**
- **Am I holding myself responsible for problems that actually stem from social conditions?**

Recognizing this distinction helps reduce unnecessary self-blame.

Exercise 2: Strengthen Your Sense of Identity

Create a list of:

- **The values that are most important to you.**

- The strengths your culture, family, or community has given you.
- The people who make you feel safe, accepted, and valued.

Exercise 3: Build a Support Network

Ask yourself:

- Who can I talk to during difficult times?
- Which community or group gives me the strongest sense of belonging?
- How can I strengthen and maintain supportive relationships?

Practical Takeaway

Protecting mental health involves more than self-care. A strong sense of belonging and meaningful social support are among the most powerful protective factors for psychological well-being.

Content 3: Suicide Prevention

Why Is Attention to Minority Mental Health Important in Suicide Prevention?

Research shows that repeated experiences of discrimination, social isolation, and feelings of worthlessness can increase the risk of suicidal thoughts among some individuals from racial and cultural minority communities.

This risk becomes even greater when individuals feel that their voices are unheard or that they cannot access appropriate support and mental health services.

Warning Signs

- Persistent feelings of loneliness or helplessness
- Withdrawal from family and friends
- Statements such as:
 - "No one understands me."
 - "There is no place where I belong."
 - "It wouldn't matter if I were here or not."

- **Loss of hope for the future**

What Can We Do?

- **Listen with empathy and without judgment.**
- **Do not dismiss or minimize someone's experiences of discrimination or suffering.**
- **Encourage them to seek professional mental health support.**
- **If there is an immediate risk of self-harm or suicide, do not leave the person alone. Seek emergency or crisis support immediately.**

A Message of Hope

Feeling accepted, seen, and connected are among the strongest protective factors against hopelessness and suicide.

Creating an inclusive society is not only a social responsibility; it is also an essential step toward protecting mental health and saving lives.

July Campaign Closing Message

“Healing is not simply the reduction of symptoms; it is the restoration of safety, belonging, and the experience of being seen. A society that recognizes diversity and upholds the dignity of every individual not only reduces suffering but also creates the conditions for growth, hope, and mental well-being for all.”



Recommended Books for Further Reading

1. *The Myth of Normal*

Author: Gabor Maté

Explores how social, cultural, and environmental factors shape mental and physical health.

Recommended for both the general public and mental health clients.

2. *The Deepest Well*

Author: Nadine Burke Harris

Examines how childhood adversity and social inequities affect lifelong mental and physical health.

3. *Prejudice, Social Stress, and Mental Health in Lesbian, Gay, and Bisexual Populations*

Author: Ilan H. Meyer

Introduces the Minority Stress Theory and its broad application in mental health research.

Meyer, I. H. (2003). *Prejudice, Social Stress, and Mental Health in Lesbian, Gay, and Bisexual Populations: Conceptual Issues and Research Evidence*. *Psychological Bulletin*, 129(5), 674–697.

Trusted Online Resources

[American Psychological Association – Race and Ethnicity Resources](#)

[National Institute of Mental Health \(NIMH\)](#)

Evidence-Based Perspective

The resources presented in this campaign are grounded in evidence-based psychology, trauma-informed practice, and principles of social justice. They emphasize that mental health is shaped not only by individual characteristics but also by cultural, social, and structural conditions that influence people's lived experiences.

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