

# JULY IS BEBE MOORE CAMPBELL NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

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**#BIPOCMENTALHEALTH**

**#BEBEMOORECAMPBELL**

**WHEN WE REACH  
OUT FOR HELP,  
WE BEGIN TO  
HEAL OURSELVES  
AND OUR  
COMMUNITIES.**

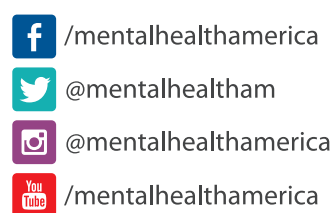


**TAKE A FREE MENTAL  
HEALTH TEST AT  
MHASCREENING.ORG.**



**SCAN THE CODE OR VISIT [MHANATIONAL.ORG/JULY](https://mhanational.org/july)  
TO DOWNLOAD THE BIPOC MENTAL HEALTH TOOLKIT.**

**#BIPOCMentalHealth  
#BebeMooreCampbell**



**MENTAL HEALTH  
ASSISTANCE CENTER**  
918.585.1213 | 405.943.3700  
[mhaok.org](https://mhaok.org)



Mental Health Association Oklahoma is a partner agency of the Tulsa Area United Way and the United Way of Central Oklahoma.