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For Immediate Release

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Minority Mental Health Awareness Month

Southwest Nebraska Public Health Department (SWNPHD) invites everyone to join us in recognizing National Minority Mental Health Awareness Month. During July we celebrate the importance of mental health and recognize the unique challenges faced by many minority communities. Mental health is an essential part of overall health, and everyone deserves the opportunity to achieve positive mental well-being.

Mental health includes our emotional, mental, and social well-being. Just as we care for our physical health, it is important to care for our mental health. It influences how we think and feel, build healthy relationships, and make everyday decisions.

Mental health affects every person differently. “There is no one-size-fits-all experience, and mental health challenges can impact anyone regardless of race, sex, culture, age, or identity,” shares Chloe Martin, SWNPHD Program Manager. In southwest Nebraska around one in every nine adults report experiencing poor mental health for at least half of the month.

Different members of our community may experience unique barriers to maintaining good mental health. Many minority populations face additional challenges that can affect their mental well-being. Lived experiences such as discrimination, cultural stigma surrounding mental health, language barriers, financial concerns, and limited access to culturally competent care can all make it more difficult for someone to seek or receive support.

There are many ways to support your own mental health and encourage the well-being of those around you, including:

- Prioritize getting enough quality sleep each night.
- Maintain healthy habits like balanced nutrition and regular physical activity.
- Stay connected with trusted family members, friends, or community members for support.
- Seek help from a mental health professional when needed.

Raising awareness and promoting access to care helps create healthier and stronger communities for everyone. By learning more about mental health, reducing stigma, and supporting one another, we can all help to create a healthier community for ourselves and our loved ones.

For more information about mental health resources talk to your mental health provider or contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow SWNPHD on Facebook, YouTube, and Instagram or view the website at www.swhealth.ne.gov.

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