

# July

## National Minority Mental Health Awareness Month

Mental health includes how we think, feel, act, handle stress, and relate to others. Make sure someone you love has access to the care they need this month.



### Finding Support

Get fast, easy, virtual psychiatrist and therapist visits whenever you need them. LiveHealth Online lets you have a video visit with a board-certified psychiatrist or therapist from your computer with a camera, tablet, or smartphone.



<https://livehealthonline.com/>



### Global Forgiveness Day

Forgiveness is a process. Start letting go of painful emotions by taking steps toward forgiving someone who hurt you.



### Be a Kid Again Day

Take a walk down memory lane, remember cherished childhood activities, and choose one to enjoy. Being silly is required—and good for your health!



### World Brain Day

One in three of us will be affected by stroke or dementia. But there are many things you can do to lower this risk. Eat fresh, whole foods and get active to help protect your future.



### International Self-Care Day

Take time to pamper yourself. Try one of the Self-Care Healthy Habits on Castlight if you are looking for support with putting your well-being first.



### Anniversary of the Americans with Disabilities Act

The landmark 1990 signing has done much to promote equal opportunity. Share what the ADA means to you or a loved one.