

JULY 2023



CROSS CULTURAL EXPRESSIONS NEWSLETTER

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JULY IS

National Minority
Mental Health
Awareness Month



WHAT'S GOING ON AT CCE?

Introducing "Access for All" Podcast and YouTube Series: Exploring Mental Health & Disabilities

We are thrilled to announce our recent collaboration with the LA County Department of Mental Health! Together, we present to you "Access for All", a captivating podcast and YouTube series aimed at shedding light on the lives of individuals with disabilities and their experiences with mental health.

This series delves into the intersection of various disabilities, including deafness, hard of hearing, blindness, partial sightedness, visual impairments, and physical disabilities.

To embark on this eye-opening journey, we invite you to watch and share the enlightening "Access for All" videos on our dedicated YouTube page, CCE Productions. You can also tune in to the "Access for All" podcast on Spotify, Amazon Music, Podcast Index, Podcast Addict, Podchaser, and Pocket Casts.

By subscribing and listening, you'll develop a deeper understanding of mental health within the disabled community. Together, we can bridge the gap between disabilities and mental health, fostering inclusivity and understanding for all.

For additional details, we encourage you visit cceccc.org. Don't forget to follow us on Facebook and Instagram to stay updated on episodes surrounding the "Access for All" series!

THE IMPORTANCE OF BEING AN ALLY

June was Pride Month, a time when the LGBTQIA+ community and its allies come together to celebrate diversity, equality, and acceptance. Beyond the vibrant parades and colorful festivities, it is crucial to acknowledge the mental health struggles faced by this community and understand the significance of being an ally.

The LGBTQIA+ community often encounters unique mental health challenges, primarily due to the persistent stigma, discrimination, and social exclusion they face. These factors contribute to higher rates of depression, anxiety, substance abuse, and suicidal ideation. The journey to self-acceptance can be particularly arduous, as many face rejection from their families, friends, or society at large. The weight of internalized homophobia, biphobia, or transphobia can further exacerbate these struggles, making mental health support essential.

Being an ally means standing in solidarity and actively supporting their mental well-being. Allies play a vital role in challenging societal prejudices, promoting inclusivity, and creating safe spaces. By educating themselves about LGBTQIA+ issues, allies can foster empathy, compassion, and understanding. This knowledge empowers allies to become effective advocates, amplifying marginalized voices, and dismantling harmful stereotypes.

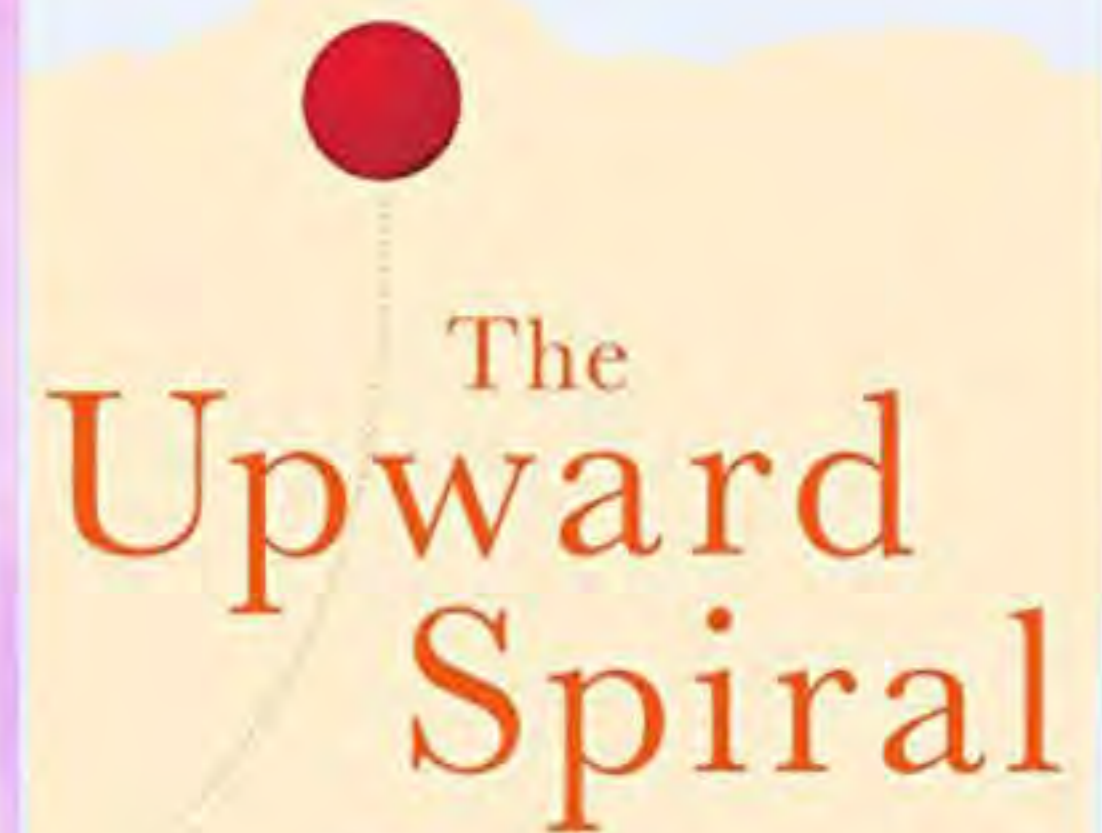
The importance of being an ally extends beyond individual support. It is crucial to advocate for systemic changes that address the unique mental health needs of the LGBTQIA+ community. This can include pushing for comprehensive healthcare policies that cover gender-affirming treatments, promoting anti-discrimination laws, and creating inclusive educational curricula. By actively engaging in discussions, challenging discriminatory practices, and demanding equal rights, allies contribute to creating a more equitable society that values and respects the mental well-being of all individuals, regardless of their sexual orientation or gender identity.

It is imperative we support individuals in their journey towards self-acceptance and advocate for systemic changes that promote mental well-being and equality. Together, we can create a more inclusive and affirming world for all.

BOOK OF THE MONTH



The Upward Spiral
By Alex Korb



Using Neuroscience to
Reverse the Course of Depression,
One Small Change at a Time

ALEX KORB, PHD
Foreword by Daniel J. Siegel, MD

Korb explores how small lifestyle changes and habits can positively impact brain chemistry and help individuals break free from the grips of depression. By emphasizing the potential for change and offering practical guidance, Korb empowers readers to take an active role in their mental well-being.

MENTAL HEALTH HERO OF THE MONTH: TARAJI P. HENSON

Taraji P. Henson, acclaimed actress, has emerged as a strong advocate for mental health. Through her unwavering dedication and personal experiences, Henson has paved the way for destigmatizing mental health issues, particularly within marginalized communities.

Henson's openness about her struggles with anxiety, depression, and suicidal thoughts has inspired countless individuals to seek help and prioritize their mental well-being. Her words resonate deeply as she emphasizes the importance of eradicating the stigma surrounding mental health. Henson firmly believes that seeking support and therapy is an act of strength, not weakness.

Through the Boris Lawrence Henson Foundation, named in honor of her late father, Henson has gone above and beyond to provide resources and support to those in need. By organizing mental health summits, raising funds for free therapy sessions, and advocating for improved access to mental health care, she has championed the cause of mental well-being.

Taraji P. Henson's unwavering commitment to mental health advocacy and her dedication to creating safe spaces for open conversations have made her a deserving recognition as CCE's Mental Health Hero of the Month.

Taking care of your mental health is just as important as taking care of your physical health. You can't neglect one and expect to be whole.

TARAJI P. HENSON



YARAN IRANIAN PEER COUNSELING HELPLINE

A program of Cross Cultural Expressions

Our trained volunteer peer counselors provide free and confidential supportive and referral services for Persian (Farsi) speaking community

Contact us if you're in need of:

Information/Referral Services

Support with Family Issues

Support with Mental and Emotional Health

Speak with one of our peer counselors via our telephone helpline:

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