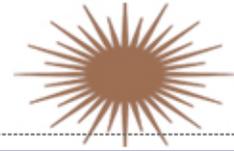


# NEWS RELEASE

Arizona Department of Health Services



HEALTH AND WELLNESS FOR ALL ARIZONANS

FOR IMMEDIATE RELEASE – July 5, 2012

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## **“Through Our Eyes” Exhibit and Discussion Celebrates Minority Mental Health Month**

In observance of National [Minority Mental Health Month](#), the Arizona Department of Health Services is hosting “Through Our Eyes,” an extraordinary [exhibit](#) about the everyday, ordinary lives of persons with serious mental illness. The day-long exhibit on July 10<sup>th</sup> includes a lunch-time discussion about mental health in our minority communities.

Mental illness does not discriminate; anyone can be afflicted with a behavioral health disorder. Unfortunately, people from diverse communities often face more barriers when seeking treatment. Cultural differences and lack of information about mental health result in greater levels of stigma associated with mental illness. This causes many people to avoid reaching out for and continuing treatment. “Through Our Eyes” is intended to raise awareness about mental illness, foster discussion about the various paths to recovery and provide ways to reduce stigma against persons with mental illness.

**WHO:** ADHS Division of Behavioral Health Services & the Arizona Health Disparities Center

**WHAT:** Exhibit of photos and artwork; discussion of mental illness

**WHERE:** 250 N. 18<sup>th</sup> Avenue, Phoenix Auditorium (State Laboratory Igloo)

**WHEN:** Display 10 a.m. – 4 p.m.; Lunch discussion Noon – 1 p.m.

Minority Mental Health Month is a time to recognize that your mental health is just as important as your physical well-being. It’s also an opportunity to raise awareness about the role of treatment in improving mental health and accessing resources that support wellness.

For more information about the Brown Bag and Exhibit, call 1-800-867-5808 or view the flyer online at <http://www.azdhs.gov/bhs>

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