



National Minority Mental Health Awareness Month is observed every July. It aims to raise awareness about the unique mental health challenges faced by racial and ethnic minority groups. The observance encourages individuals, communities, and organizations to address these disparities and promote mental well-being.

## What Causes Mental Illness?

There is no single cause for mental illness. Multiple mental illnesses can occur at the same time and at random. They can also last for a short or long period of time.

Your mental health can change at any point. Some risk factors that can play a role in developing mental illness include:

- Use of alcohol or drugs
- Feeling lonely or isolated
- Biological factors or chemical imbalances in the brain
- Adverse childhood experiences, like child abuse or sexual assault
- Experiences tied to ongoing medical conditions, like cancer or diabetes

## Symptoms of a Mental Illness

Most of the same mental illnesses can develop in both men and women. However, women may have more distinct symptoms.

Some common symptoms can include:

- Pulling away from people and usual activities
- Appetite or weight changes
- Ongoing sadness or feelings of hopelessness
- Intense changes in eating or sleeping habits
- Clear changes in mood, energy level, or appetite



Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States which commemorates the ratification of the Declaration of Independence by the Second Continental Congress on July 4, 1776, establishing the United States of America. [Wikipedia >](#)

**Date:** Friday, July 4, 2025

**Event Length:** 1 Day

**Observed for:** 249 years

**Type:** National day, Public holiday, US Federal holiday

**Also called:** Fourth of July

**Celebrations:** Fireworks, family reunions, concerts, barbecues, picnics, parades, baseball games

**Significance:** The day in 1776 that the [Declaration of Independence](#) was adopted by the [Second Continental Congress](#) in [Philadelphia](#)



Elvira Blackmon – July 11<sup>th</sup>

Garland Williford --- July 24<sup>th</sup>

Bonny Nunnery – July 30<sup>th</sup>