



# Mental Health PARTNERS

*Healthy minds, healthy lives, healthy communities*

## Celebrating Black History Month!



Dr. Martin  
Luther King Jr.



Bessie Coleman



Maya Angelou



Madam C J Walker



Fredrick Douglas



Mae Jemison



Booker T Washington



Serena Williams

As we enter the month of February, we enter a time of powerful opportunity; opportunity to stand collectively in recognition, support, and celebration of the Black community. Black History is American History, not a separate history, and cannot and should not be confined to a single month of recognition. However, the commemoration of Black History Month provides a time for our nation to pause in reflection and public gratitude, remembering together the struggles, strength, and paramount contributions of

Black community and culture.

So, let us all take advantage of this moment to remember together and honor Black leaders and trailblazers, business owners and community members, staff and partners. We hope you will use this time to seek out books, movies, or documentaries that speak to the challenges and resilience of Black society; to support Black-owned businesses; to share songs, stories, and art from Black voices that edify us all. As we learn from Black voices and perspectives, let us open ourselves to the process of unlearning, uncomfortableness, and evaluating assumptions through fierce self-examination.

MHP works ever forward toward ensuring equitable care in an equitable society. We recognize there is still a lot of work to do in this pursuit of justice, equity, diversity, and inclusion. The commitment to anti-racism is a lifelong pursuit as we all work to break the tragic cycle of violence and injustice that has been directed towards members of the Black community. Yet, we are hopeful that the actions of MHP will contribute to the national dialogue and to long-lasting change.

We want to thank you in advance for allocating time to share, celebrate, and gain from Black voices, allowing such culture shapers to shape us.

With Gratitude,  
The MHP Team

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Follow us on social media join us in our celebration and support of Black History Month. You can connect with us through our main handle, ***Mental Health Partners***, and our Community Outreach handle, ***Mental Health Partners Outreach***.

**Get Connected: Mental  
Health Partners**

# 5 Ways to Celebrate Black History Month in Colorado:

1. Check out the **Black American West Museum**.
2. Parker Symphony Orchestra: **Celebrating Black Composers Throughout the Centuries**
3. Visit **The Culture Museum** in Five Points for an immersive pop-art exhibit and selfie experience.
4. Head to the **Denver Museum of Nature and Science** on Black Science Day, Feb 27, for an SCFD Free Day!
5. Catch **Diversity Storytime: Celebrating Black History Month** at Longmont Public Library.

Follow Us through Our Main Handle: Mental Health Partners



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## Get Connected: Mental Health Partners Outreach



I RISE.  
I RISE.  
I RISE.

-Maya Angelou, author of *I Know  
Why The Caged Bird Sings*



Follow Us through our Outreach Team:  
Mental Health Partners Outreach



## The Work Continues

In addition to celebrating distinct and rich Black culture and history, and supporting progress towards equity and inclusion, MHP also recognizes that our Black communities continue to be disproportionately impacted by depression, stress, and other behavioral health issues due to increased stigma and other systemic issues.

We are honored to provide compassionate mental health and addiction recovery care to individuals and communities of color. However, as a nonprofit, community-focused organization, MHP is concerned by the knowledge communities it cares deeply for remain disproportionately impacted by systemic issues. In response, MHP will continue working to develop and support

programs that address inequities resulting from race, ethnicity and color; partnering with community agencies who share our values of empathy, hope, and healing; and adding our voice to the collective as a sign of strength, unity, compassion, and empathy.

*Mental Health Partners*

*Call (303) 443-8500 to begin care*

*24/7 Statewide Crisis Line: (844) 4983-8255 or text TALK to 38255*

*[www.mhpcolorado.org](http://www.mhpcolorado.org)*

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