



[Minority Mental Health Awareness Month 13](#)



"Knowing what I know now, I'm baffled that I didn't learn about mental health and family history of mental illness until years later. But that's common in the African American community.

For too long mental health and illness have been stigmatized in our society, but even more so in the African American community as a "weakness", "curse", "craziness" or "character flaw."

-LAUREN



[#notacharacterflaw](#)



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