

National Minority Mental Health Awareness Month

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National Minority Mental Health Awareness Month is observed in July to bring awareness to the unique struggles that underrepresented communities face regarding mental illness in the United States. Below we highlight upcoming events and resources developed by our Network, in addition to resources from other national organizations, to support these communities.



Disability Pride Month

Raise awareness about the capabilities and achievements of people living with a disability. This month-long observance aims to challenge stigma and promote a more inclusive workplace and world.

July is smack-dab in the middle of the summer, often the hottest month of the year. And it's packed with an amazing amount of cute and wacky days to celebrate! [July holidays and observances in 2024](#), of course, include the [United States of America's birthday](#), as well as a whole host of silly days honoring various types of cookout meats and flavors of ice cream, and our favorite summertime fruits, [watermelon](#) and blueberries! Keep on reading to find out what fun holidays are celebrated in July!

July Gardening

1. Deadhead your flowers, removing faded blooms from your spring perennial flowers such as peonies, bearded iris, and Asiatic lilies. [See 4 reasons to deadhead flowers.](#)
2. Harvest daily as vegetables always taste better when young and tender. [See when to harvest fruit and vegetables for the best flavor.](#)
3. Stay on top of pests with daily walks of your garden. See our [library of pests and diseases.](#)
4. Mulch, mulch, mulch! Retain moisture and suppress weeds with mulch. [See how to mulch your garden and the types of mulch.](#)
5. Look at your gardens; see that you destroy all kinds of weeds before they go to seed. [See 13 most common weeds.](#)
6. Are your crops starting to take over your kitchen? Check out some of our [storage tips for fruits, vegetables, and herbs.](#)

HAPPY BIRTHDAY

July 11th – Elvira Blackmon
July 16th – Melba Baker
July 30th – Bonny Nunnery