



HUNTER:

DIVERSITY IN ACTION NEWSLETTER

JULY

CELEBRATING INDEPENDENCE IN ALL ITS FORMS

American Independence Day is here! Beyond the joyful celebrations, the 4th of July serves as a powerful reminder that the pursuit of freedom, equality, and justice is an ongoing, ever-evolving plight. This year, let's do our best to expand our perspectives and celebrate the many different ways diverse communities have come together to seek their own independence from oppression and injustice.

In this month's newsletter, we'll highlight BIPOC Mental Health Awareness Month and International Non-Binary Peoples Day, honor Nelson Mandela's legacy of freedom and celebrate National Disability Independence Day. There are many different ways to recognize the pursuit of inclusion, accessibility and independence for all. Let's explore.

BIPOC Mental Health Awareness Month (All July): Emancipation from Mental Health Stigma

To achieve true independence, one must achieve peace of mind and reach a state of inner well-being—no small feat in an increasingly chaotic world. This July, BIPOC Mental Health Awareness Month reminds us why it's so important to break the stigma surrounding mental health, particularly within communities of color.

Learn more: [Mental Health America](#) is on a mission to raise awareness by providing invaluable resources for Black, Indigenous, and People of Color (BIPOC) who struggle with mental health issues. Operating nationally and in communities across the country, Mental Health America advocates for closing the mental health equity gap while increasing awareness through public education, direct services, tools, and research. Its annual State of Mental Health in America report is among the most widely respected health reports in the nation.

Disability Pride Month (All July): Celebrating Independence Through Disability Justice

Disability Pride Month is an opportunity to celebrate the independence and achievements of disabled people. The annual monthly event highlights the importance of disability justice while shining a light on the fight against ableism and the importance of inclusive policies and accessibility improvements.

Learn more: The video "[A Brief History of the Disability Rights Movement](#)" celebrates the many milestones of the disability rights movement in the United States, covering important events, legislation, and figures that helped shaped the movement.



International Non-Binary People's Day (July 14th): Finding Freedom in Identity

International Non-Binary Peoples Day on July 14th celebrates people who define themselves outside the traditional binary gender framework, raising awareness of non-binary experiences, advocating for gender inclusivity, and encouraging the acceptance of diverse gender expressions within society at large.

Learn more: What does “non-binary” mean exactly? In this incisive and entertaining [video](#), five non-binary people share their personal experiences and perspectives, discussing their identities and the challenges they face.

Nelson Mandela Day (July 18th): From Imprisonment to Global Icon of Emancipation

July 18th marks Nelson Mandela International Day, honoring the legacy of this incredible leader who dedicated his life to fighting against oppression and advocating for equality. Mandela's journey from prisoner to global icon of freedom serves as a powerful reminder of the human spirit's enduring quest for liberation and independence.

Learn more: [Nelson Mandela: One Man](#) is an exceptional film that chronicles the life and impact of Nelson Mandela. It does an outstanding job explaining why he's such an important figure in the fight against apartheid in South Africa, covering his early life, his role in the African National Congress, and how he became a heroic leader in the struggle for racial equality.

National Disability Independence Day (July 26th): The Pursuit of Independence Through the ADA

On July 26th, we observe National Disability Independence Day, marking the anniversary of the Americans with Disabilities Act (ADA). This landmark legislation has been instrumental in the fight for equal opportunity and independence for people with disabilities, though the pursuit of true equality continues. This day not only honors the ADA's impact but also underscores the ongoing efforts to address accessibility barriers, promote disability rights, and achieve full societal inclusion.



Learn more: [Watch as](#) President George H.W. Bush delivers remarks on the significance of the ADA, highlighting its vital work towards ending discrimination against individuals with disabilities.

Community Spotlights

HUNTER recently welcomed our newest summer intern class. With a new job in a new city, many are embarking on a new stage of independence in their lives. Inspired by this, we asked them to share 'what independence means to you as you transition from student life to entering the workforce?' Click the names to take a listen below! 🎧



[Foster Milburn](#)
Agency Marketing Intern



[Sofia Chamat](#)
Tech Intern