

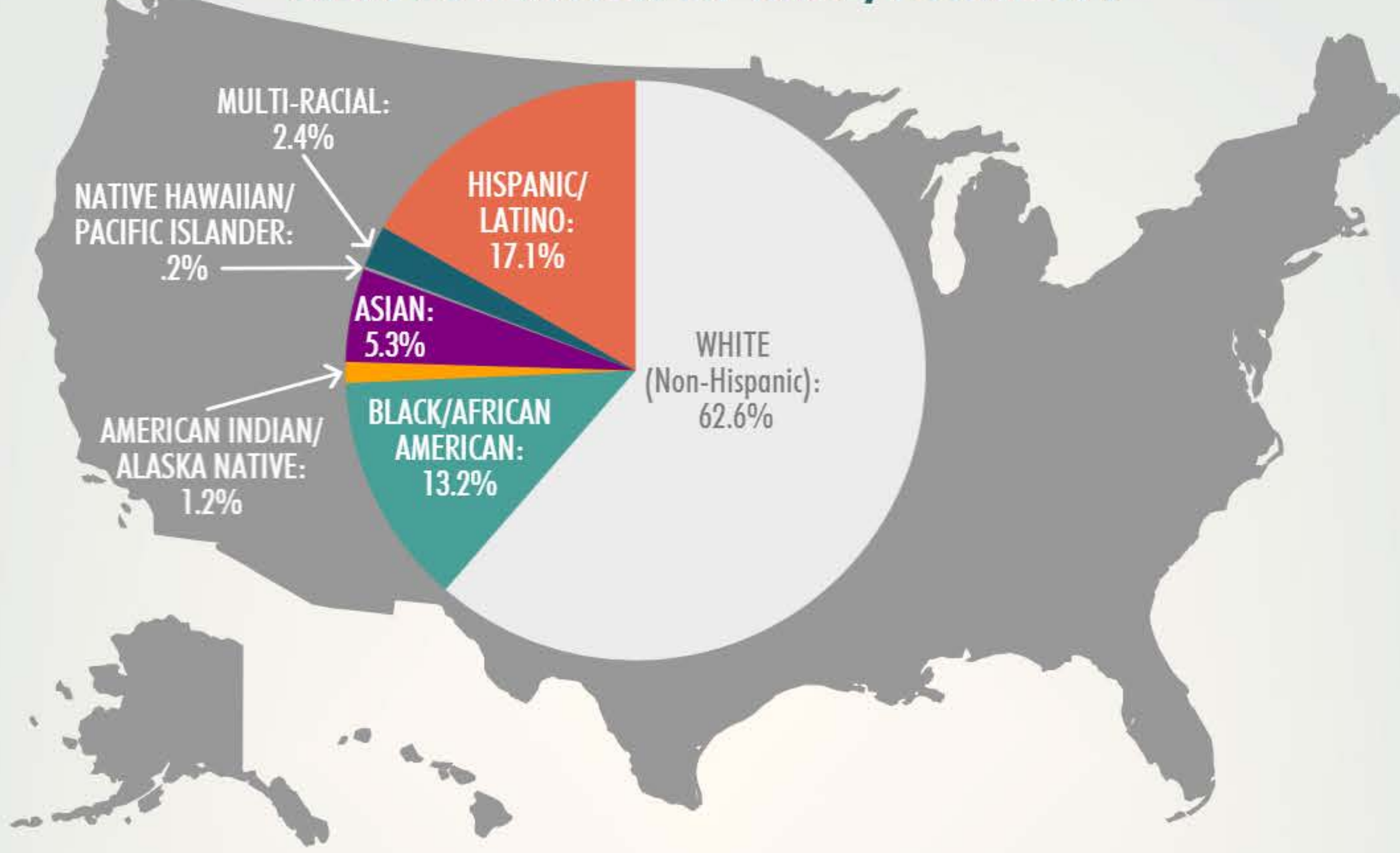
MINORITY MENTAL HEALTH

FACTS AND STATS

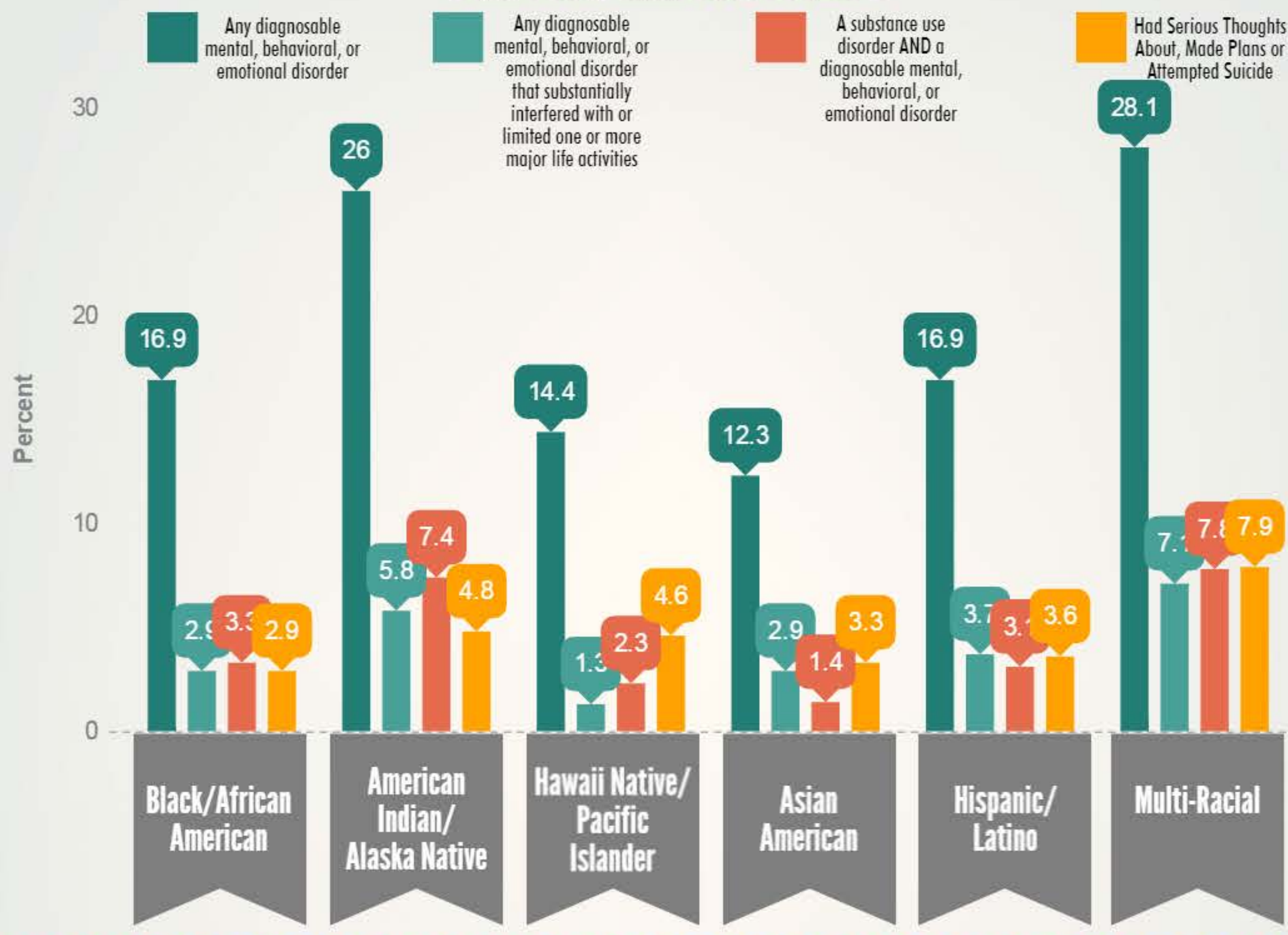


ACCORDING TO CENSUS DATA, THERE ARE OVER 316 MILLION PEOPLE LIVING IN THE U.S.A.

U.S. POPULATION BY RACE/ETHNICITY



HOW COMMON ARE MENTAL HEALTH AND SUBSTANCE USE ISSUES AMONG MINORITIES?



BARRIERS TO GETTING HELP

INSURANCE COVERAGE

STIGMA

LANGUAGE BARRIERS

CULTURAL BELIEFS

WHAT WE'VE LEARNED FROM MHASCREENING.ORG

ASIAN AMERICANS Are least likely to have a history of being diagnosed, despite the fact that 57% who took a screen scored moderately to severely depressed. Nearly 40% who took the anxiety screen were experiencing minimal anxiety.

Were more likely than any other group to say that they would talk to a mental health professional or their primary care doctor following a screening.

BLACK/AFRICAN AMERICAN

HISPANICS OR LATINOS Were the minority group that completed the most screens. Following screening, more than any other minority group, Hispanics or Latinos indicated that they wanted additional information about where to go to start getting mental health help.

Were most likely to have a result indicating symptoms of severe depression. Had the highest rates of having a diagnosis prior to screening.

NATIVE AMERICANS AND MULTI-RACIAL PEOPLE

MENTAL HEALTH AMERICA HAS MORE INFORMATION ONLINE

EN ESPAÑOL

- Antes de la Etapa 4: Cambiando la manera en que pensamos acerca de la salud mental
- Antes de la Etapa 4: Infórmese
- Antes de la Etapa 4: Obtenga ayuda
- Antes de la Etapa 4: Realice una prueba de salud mental
- Ayudando Niños Crecer Sanos—Mente Y Cuerpo
- Cómo Afrontar el Cuidado de un Padre que se Esta Haciendo Mayor
- Cómo Ayudar A Nuestros Niños A Afrontar La Guerra
- Cómo Encontrar Su Balance: En El Trabajo Y En El Hogar
- Cómo Enfrentar El Estrés De La Guerra
- Cómo Enfrentar La Guerra Y Los Amenazas Del Terrorismo: Consejos Para Los Adultos De La Tercera Edad
- Consejos Para Personas Que Padecen De Enfermedades Mentales En Epocas Inciertas
- Desconsuelo Y Aflicción - Información Para Los Familiares De Militares
- Esquizofrenia: Lo Que Usted Necesita Saber
- Lista de Referencia Para el Estrés
- Lista de Verificación de los Señales de la Depresión
- Otros Recursos
- Recursos Para Cómo Enfrentar Un Desastre
- Trastorno Bipolar: Lo Que Usted Necesita Saber
- ¿Qué es la depresión?

FOR PEOPLE OF COLOR

"What is Bipolar Disorder?" A Guide to Hope and Recovery For African Americans
African American Pioneers in Mental Health
Bipolar Disorder and African Americans

Get screened.

www.mhascreening.org
Anonymous • Free • Confidential

#B4Stage4

www.mentalhealthamerica.net
facebook.com/mentalhealthamerica
[@mentalhealtham](https://twitter.com/mentalhealtham)

Sources:
 1. <http://www.census.gov/quickfacts/hable/PST045214/00>
 2. 2013 National Survey on Drug Use and Health: Mental Health Detailed Tables. Substance Abuse and Mental Health Services Administration, Rockville, MD.
 3. MHAScreening.org proprietary data, April 2014 - May 2015.