

Mental Health Facts

MULTICULTURAL

Fact: Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.



1 in every 5 adults in America experience a mental illness.

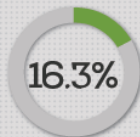


Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

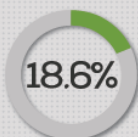
Prevalence of Adult Mental Illness by Race



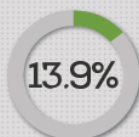
Hispanic adults living with a mental health condition.



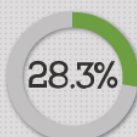
White adults living with a mental health condition.



Black adults living with a mental health condition.



Asian adults living with a mental health condition.



AI/AN* adults living with a mental health condition.

*American Indian/Alaska Native

LGBTQ Community



2X

LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.



11%

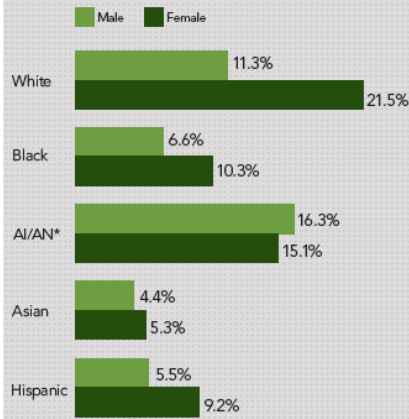
11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.



2-3X

Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

Use of Mental Health Services among Adults (2008-2012)



*American Indian/Alaska Native

Critical Issues Faced by Multicultural Communities

- ✓ Less access to treatment
- ✓ Less likely to receive treatment
- ✓ Poorer quality of care
- ✓ Higher levels of stigma
- ✓ Culturally insensitive health care system
- ✓ Racism, bias, homophobia or discrimination in treatment settings
- ✓ Language barriers
- ✓ Lower rates of health insurance

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

1 This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov, the Substance Abuse and Mental Health Services Administration, New Evidence Regarding Racial and Ethnic Disparities in Mental Health and Injustice at every Turn: A Report of the National Transgender Discrimination Survey.