

Minority Mental Health: Get the Facts



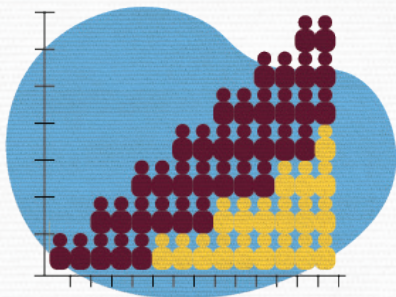
People who identify as **MULTIRACIAL** are **MOST LIKELY TO REPORT** any mental illness.¹



Among adults with any mental illness, **BLACK, LATINO and ASIAN AMERICANS** were **LESS LIKELY** than white people to receive **MENTAL HEALTH SERVICES**.³



ONLY ONE IN THREE AFRICAN AMERICANS who needs mental health care **RECEIVES IT**.⁵



Rates of death by suicide are **RISING FASTER AMONG BLACK, HISPANIC AND OTHER PEOPLE OF COLOR** compared to whites.²



In 2020, suicide was the **THIRD LEADING CAUSE OF DEATH** for **AFRICAN AMERICANS AGES 15 to 24**.⁴



1. www.psychiatry.org/getmedia/bac9c998-5b2d-4ffa-ace9-d35844b8475a/Mental-Health-Facts-for-Diverse-Populations.pdf

2. www.kff.org/mental-health/issue-brief/five-key-findings-on-mental-health-and-substance-use-disorders-by-race-ethnicity/

3. www.kff.org/racial-equity-and-health-policy/press-release/annual-update-of-key-health-data-collection-by-race-and-ethnicity-now-including-mental-health-measures/

4. <https://pubmed.ncbi.nlm.nih.gov/27842468/>

5. www.cdc.gov/injury/wisqars/index.html

How Hospitals and Health Systems Can Support Minority Mental Health

1

SCREEN, TREAT AND REFER ALL PATIENTS

for depression, anxiety, substance use disorders and other psychiatric conditions.^{1,2,3,4}



2

RAISE AWARENESS

and provide education about behavioral health care resources **TO ALL PATIENTS AT ALL TOUCHPOINTS**.⁵



3

STRIVE TO RECRUIT A DIVERSE WORKFORCE

that reflects the community.⁶



4

TRAIN HEALTH CARE WORKERS IN CULTURAL HUMILITY

and abandon the term “cultural competence.”⁷



5

Ensure that behavioral health **CARE DELIVERY** is **CULTURALLY AND LINGUISTICALLY APPROPRIATE**.⁸



Additional Resources

Explore AHA’s resources to further your organization’s work to advance health equity. www.aha.org/minoritymentalhealth

1. www.ncbi.nlm.nih.gov/pmc/articles/PMC7673056/
2. www.ncbi.nlm.nih.gov/pmc/articles/PMC6258999/
3. <https://nida.nih.gov/nidamed-medical-health-professionals/screening-tools-resources/chart-screening-tools>
4. www.ncbi.nlm.nih.gov/pmc/articles/PMC8038412/
5. www.nimh.nih.gov/get-involved/digital-shareables
6. <https://ifdhe.aha.org/>
7. www.ncbi.nlm.nih.gov/pmc/articles/PMC7756036/
8. <https://thinkculturalhealth.hhs.gov/assets/pdfs/resource-library/class-standards.pdf>
9. www.cdc.gov/minority-health/features/minority-mental-health.html?CDC_AAref_Val=https://www.cdc.gov/healthequity/features/minority-mental-health/index.html