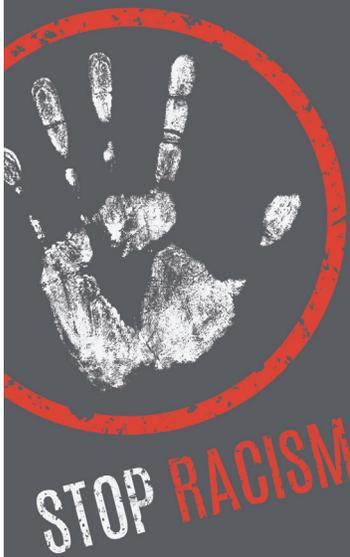




MINORITY MENTAL Health Month

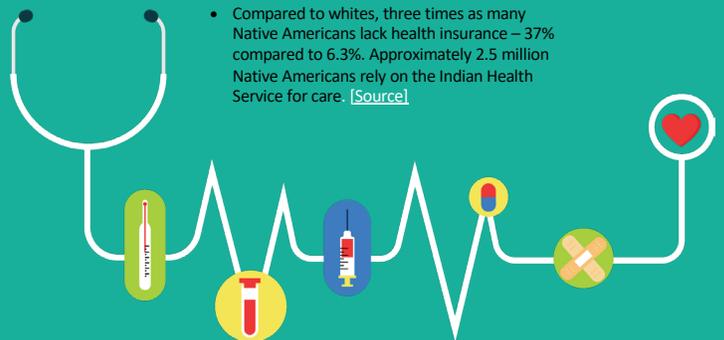
Confronting the Barriers Impacting BIPOC Mental Health

Racism and Stereotyping



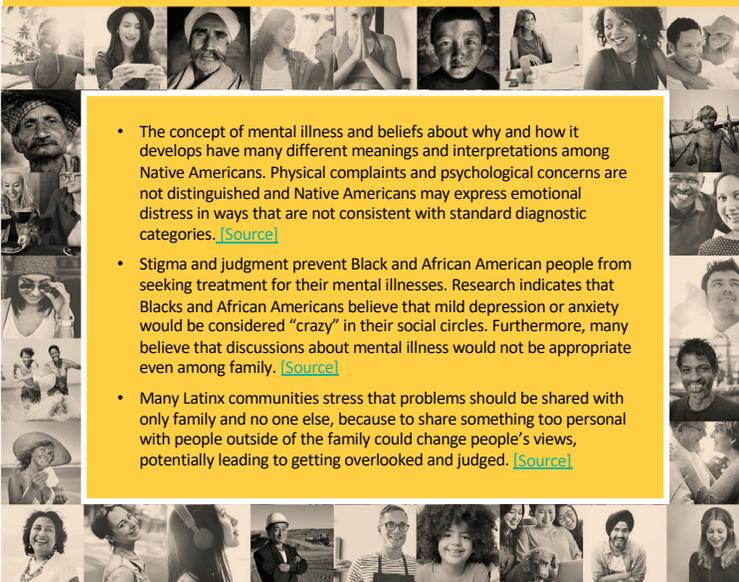
- Despite progress made over the years, racism continues to have an impact on the mental health of Black and African American people. Negative stereotypes and attitudes of rejection have decreased, but continue to occur with measurable, adverse consequences. Historical and contemporary instances of negative treatment have led to a mistrust of authorities, many of whom are not seen as having the best interests of Black and African Americans in mind. [\[Source\]](#)
- People of African descent have continued to experience overt and covert culture-deteriorating suffering and trauma as the result of being targets of racism.
- Since the presidential election of 2016, Latinx communities have faced an onslaught of racist depictions by politicians and media outlets. This is especially true of the Mexican community, whose members have been described as drug dealers, rapists and murderers. To avoid racism and discrimination, Latinx parents might try to expedite assimilation in their children, which can cause internalized racism and effect mental health. [\[Source\]](#)

Health Care Access



- Compared to whites, three times as many Native Americans lack health insurance – 37% compared to 6.3%. Approximately 2.5 million Native Americans rely on the Indian Health Service for care. [\[Source\]](#)
- A study found that Black and Hispanic youth were less able to get mental health services than White children and young adults. [\[Source\]](#)
- 7.3% of Asian Americans lacked health insurance compared to 6.3% of whites. [\[Source\]](#)
- According to US Census Data (2018), 16.1% of Hispanics lacked health insurance, versus 6.3% of non-Hispanic whites. [\[Source\]](#)
- While the implementation of the Affordable Care Act has helped to close the gap in uninsured individuals, 11.5 percent of Black and African Americans, versus 7.5 percent of white Americans were still uninsured in 2018. [\[Source\]](#)

Cultural Beliefs



- The concept of mental illness and beliefs about why and how it develops have many different meanings and interpretations among Native Americans. Physical complaints and psychological concerns are not distinguished and Native Americans may express emotional distress in ways that are not consistent with standard diagnostic categories. [\[Source\]](#)
- Stigma and judgment prevent Black and African American people from seeking treatment for their mental illnesses. Research indicates that Blacks and African Americans believe that mild depression or anxiety would be considered “crazy” in their social circles. Furthermore, many believe that discussions about mental illness would not be appropriate even among family. [\[Source\]](#)
- Many Latinx communities stress that problems should be shared with only family and no one else, because to share something too personal with people outside of the family could change people’s views, potentially leading to getting overlooked and judged. [\[Source\]](#)

Language Barriers and Gaps



- Nearly 1 out of 2 Asian Americans will have difficulty accessing mental health treatment because they do not speak English or cannot find services that meet their language needs. [\[Source\]](#)
- Bilingual patients are evaluated differently when evaluated in English versus Spanish, and Hispanics are more frequently undertreated than are whites. [\[Source\]](#)