

Latinx/Hispanic Mental Health

Latinx and Hispanic communities show similar vulnerability to mental illness as the white population, however, they face disparities in both access to and the quality of treatment.

Barriers to Care:

- Lack of insurance or adequate insurance.
- Lack of knowledge/awareness about mental health problems and services available.
- Cultural stigma associated with mental illness.
- Language.
- Lack of culturally tailored services and culturally competent mental health professionals.
- Shortage of bilingual or linguistically trained mental health professionals.
- Difficulties recognizing incipient signs of mental illness.

Approximately **33%** of Hispanic or Latinx adults with mental illness receive treatment each year compared to the U.S. average of 43%. This is due to many unique barriers to care.



Among Hispanic students in grades 9-12, **18.9%** had seriously considered attempting suicide, **15.7%** had made a plan to attempt suicide, **11.3%** had attempted suicide, and **4.1%** had made an attempt that resulted in injury that required medical attention.

Quick Stats:

- US born Hispanics report higher rates for most psychiatric disorders than Hispanic immigrants.
- 1 in 10 Hispanics with a mental health disorder use mental health services from a general health care provider, while only 1 in 20 receive such services from a mental health specialist.
- 21.1% of Hispanics are uninsured.
- Alcohol use and cigarette use is higher in Hispanic adolescents than any other race.

Data adapted from "Latinx/Hispanic" published by the National Alliance on Mental Illness and "Mental Health Disparities: Hispanics and Latinos" published by the American Psychiatric Association.

Learn how you can help at nami.org/minoritymentalhealth



NAMIMaryland



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www.namimd.org

 **NAMI** Maryland

National Alliance on Mental Illness
info@namimd.org
1-877-878-2371
410-884-8691

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Support and Resources

Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

NAMI's Compartiendo Esperanza

A 90-minute program to increase mental health awareness in Latinx communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions. The program also highlights how and where to find help.

Compartiendo Esperanza: No Hay Salud Sin Salud Mental

Through stories and quotes, this booklet provides mental health information in a sensitive manner. Recovery is possible, and this booklet tells you where to find more information, seek help and be supportive. You can preview the booklet for free or buy hard copies through the NAMI Bookstore.

www.nami.org/Get-Involved/What-Can-I-Do/Become-a-Leader-in-the-Mental-Health-Movement/Compartiendo-Esperanza-Speaking-with-Latinos-abou

UnidosUS

UnidosUS is the largest national Hispanic civil rights and advocacy organization in the United States that works to improve opportunities for Hispanic Americans.

www.unidosus.org | (202) 785-1670

Therapy for Latinx

Therapy for Latinx is a database of therapists who either identify as Latinx or has worked closely with, and understands, the unique needs of the Latinx community. The website is also offered in Spanish.

www.therapyforlatinx.com

American Society of Hispanic Psychiatry

The American Society of Hispanic Psychiatry promotes the research, education, advocacy, and support for those in the Hispanic community. They also offer a "Find a Physician" feature on their website.

www.americansocietyhispanicpsychiatry.com | (972) 613-0985

League of United Latin American Citizens (LULAC)

The mission of LULAC is to advance the economic condition, educational attainment, political influence, housing, health, and civil rights of the Hispanic population of the United States.

lulac.org

National Alliance for Hispanic Health (NAHH)

NAHH is the premier science-based and community-driven organization that focuses on providing services to more than 15 million Hispanics throughout the U.S. every year.

www.healthyamericas.org

NAMI. "Latinos | NAMI: National Alliance on Mental Illness." Home | NAMI: National Alliance on Mental Illness, 2020, <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Latinx-Hispanic>.

American Psychiatric Association. "Hispanics and Latinos." *Mental Health Disparities*, American Psychiatric Association, 2017. This resource was prepared by the Division of Diversity and tHealth Equity. Updated and reviewed, respectively, by Maria Jose Lisotto, M.D., and the Council on Minority Mental Health and Health Disparities.