

# Minority Mental Health Awareness Month

## HISPANIC AND LATINOS

Minority Mental Health Awareness Month brings awareness to the unique struggles that underrepresented groups face in regard to mental illness. This observance aims to improve access to mental health treatment and services for multicultural communities through increased public awareness.

### FACTS:



Approximately 1 in 10 Hispanics with a mental disorder use mental health services from a general health care provider, while only 1 in 20 receive such services from a mental health specialist. [American Psychiatric Association](#).

30%

In 2017, 41.5% of youth ages 12-17 received care for a major depressive episode, but only 32.7% of Hispanic youth received treatment for their condition. [Dept. of Health and Human Services Office of Minority Health](#).



Hispanic adolescents are half as likely than white adolescents to use antidepressants. [American Psychiatric Association](#).

14%

In 2017, 13.3% of youth ages 12-17 had at least one depressive episode, but that number was higher among Hispanic youth at 13.8%. [Dept. of Health and Human Services Office of Minority Health](#).



Hispanics are more likely to report poor communication with their health provider. Studies show that bilingual patients are evaluated differently when interviewed in English as opposed to Spanish and that Hispanics are more frequently undertreated. [American Psychiatric Association](#).



Older Hispanic adults and Hispanic youth are especially vulnerable to psychological stresses associated with immigration and acculturation. [American Psychiatric Association](#).

### BARRIERS TO MENTAL HEALTH CARE:

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