Mental Health and Diverse Populations At-A-Glance

Mental Illness in the U.S. Affects:
- 28% of American Indians
- 19% of Whites
- 21% of Other Races
- 16% of Asians
- 19% of African Americans
- 16% of Hispanics

Increasingly Diverse Population
1 in 3 people in the U.S. identifies themselves as a member of an ethnic/racial group

4% of the U.S. population identify themselves as LGBT

How Can Race/Ethnicity/Culture Influence Mental Health?
- Communication (Verbal & Non-Verbal)
- Manifestation of Symptoms
- Stigma & Shame Around Mental Illness
- How People Cope with Mental Illness
- How Doctors Interact
- How and Where People Seek Help
- Family & Community Support

Mental Health Disparities Factors
- Members of ethnic and racial minority groups in the U.S. “face a social and economic environment of inequality that includes greater exposure to racism, discrimination, violence, and poverty, all of which take a toll on mental health.”
  - U.S. Surgeon General

Facts on Substance Use Disorders
- Hispanics are less likely to receive needed care than whites
- Blacks are less likely to complete treatment than whites
- The rate of substance use disorders among American Indians/Alaska Natives is twice that of other racial/ethnic groups

Depression Treatment: Access & Quality

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LGBT Facts
- LGBT individuals are more than twice as likely as straight individuals to have a mental health disorder
- Suicide attempts are 3 times more common among bisexual individuals than straight individuals
- Sexual minorities have a greater risk of substance use disorders than straight individuals
- Compared to non-sexual minority youth, sexual minority youth are twice as likely to report being bullied

For more information, resources, and references, please visit www.psychiatry.org/diversity