

# Mental Health Facts

## MULTICULTURAL

**Fact:** Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.



1 in every 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

### Prevalence of Adult Mental Illness by Race



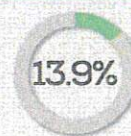
Hispanic adults living with a mental health condition.



White adults living with a mental health condition.



Black adults living with a mental health condition.



Asian adults living with a mental health condition.



AI/AN\* adults living with a mental health condition.

\*American Indian/Alaska Native

### LGBTQ Community

2X



LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.

11%



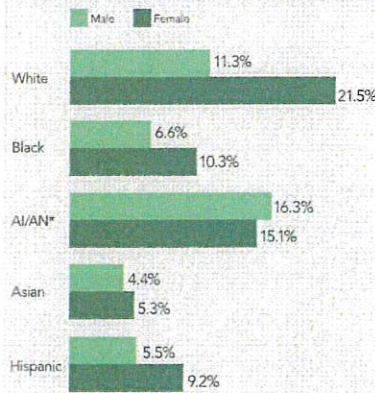
11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

2-3X



Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

### Use of Mental Health Services among Adults (2008-2012)



\*American Indian/Alaska Native

### Critical Issues Faced by Multicultural Communities

- ✓ Less access to treatment
- ✓ Less likely to receive treatment
- ✓ Poorer quality of care
- ✓ Higher levels of stigma
- ✓ Culturally insensitive health care system
- ✓ Racism, bias, homophobia or discrimination in treatment settings
- ✓ Language barriers
- ✓ Lower rates of health insurance

### Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

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