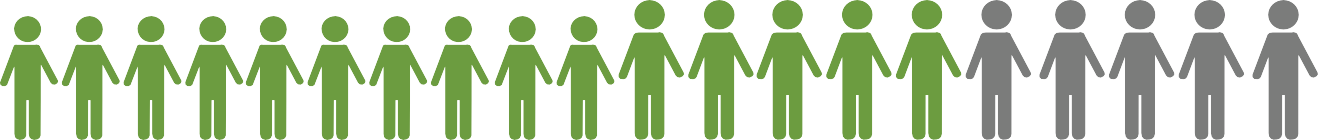
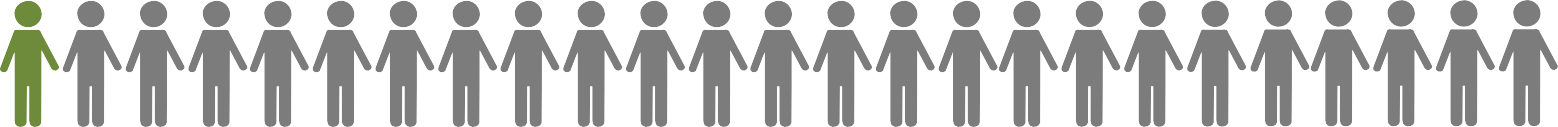
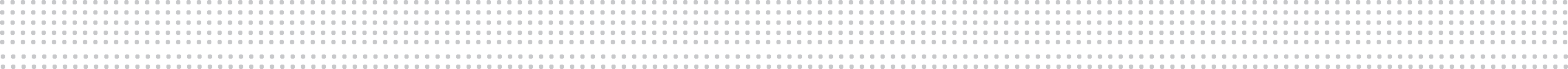
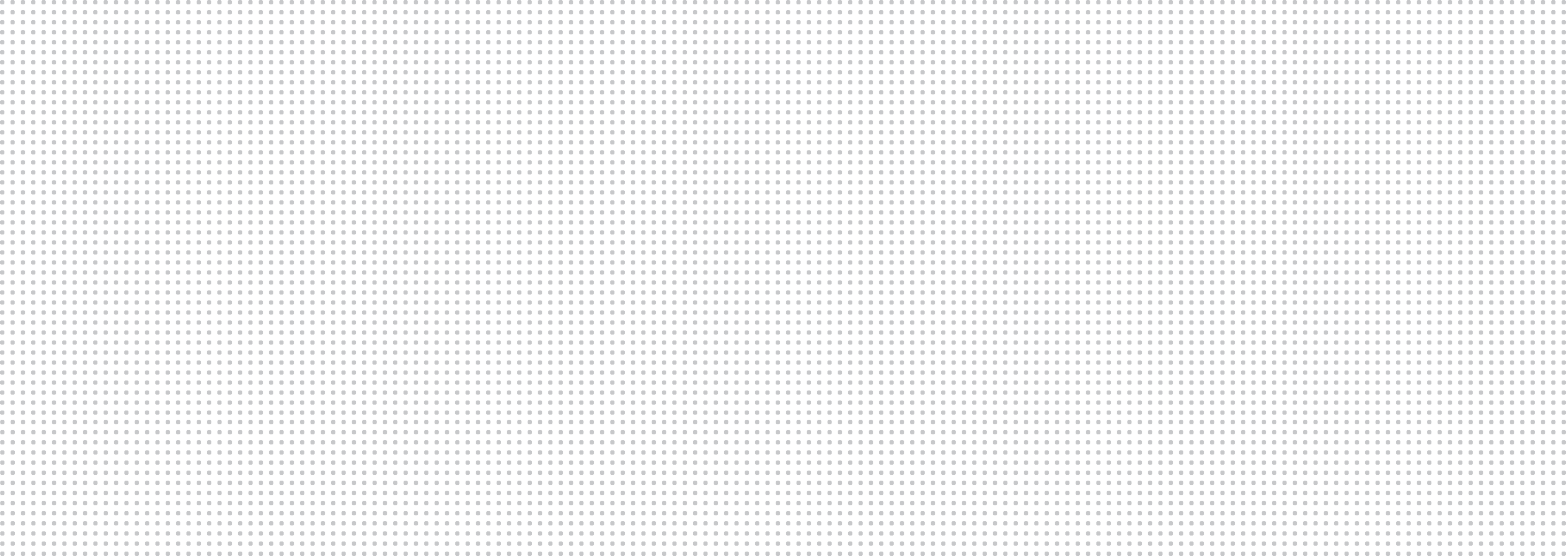
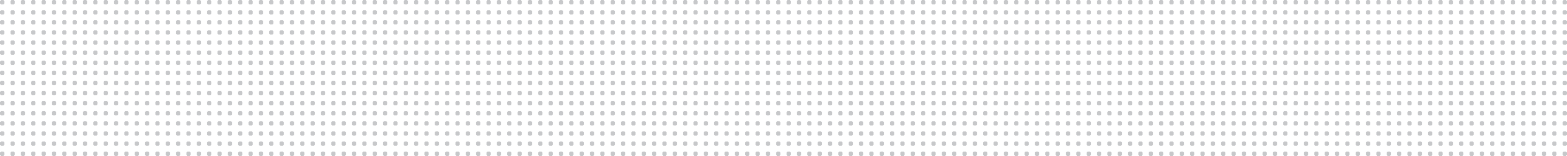


**Mental Health Facts**

**MULTICULTURAL**



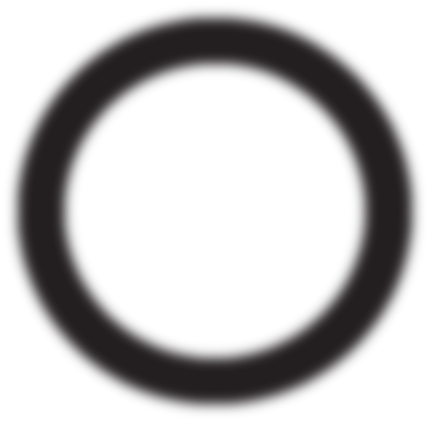
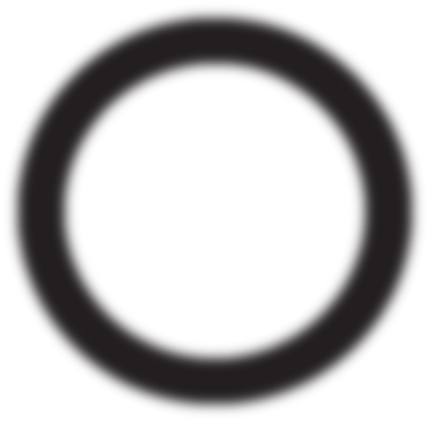
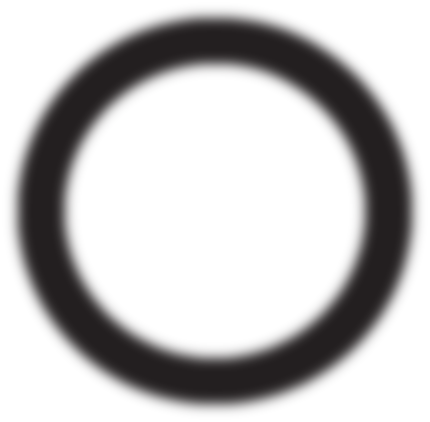
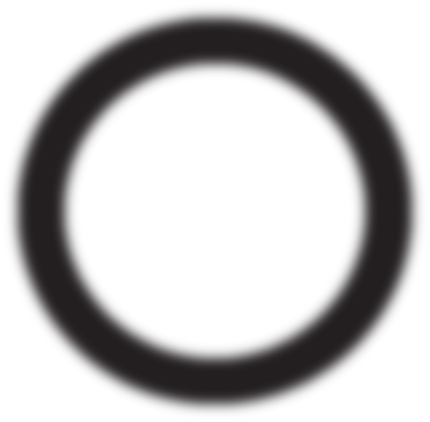
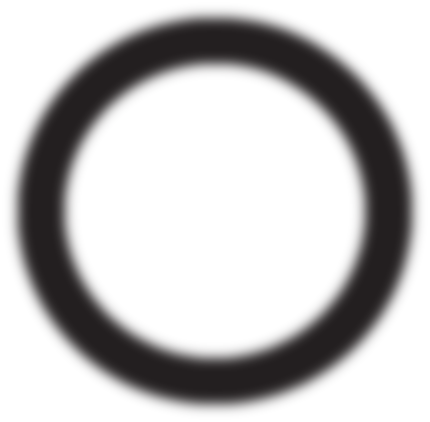
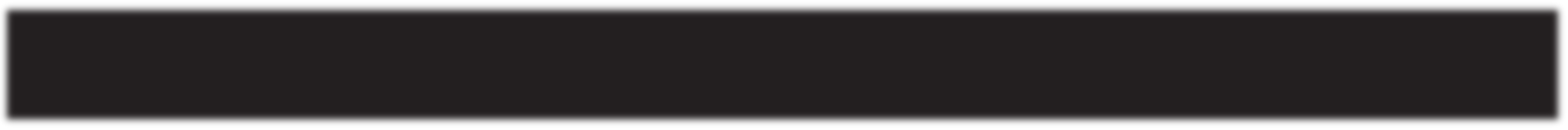
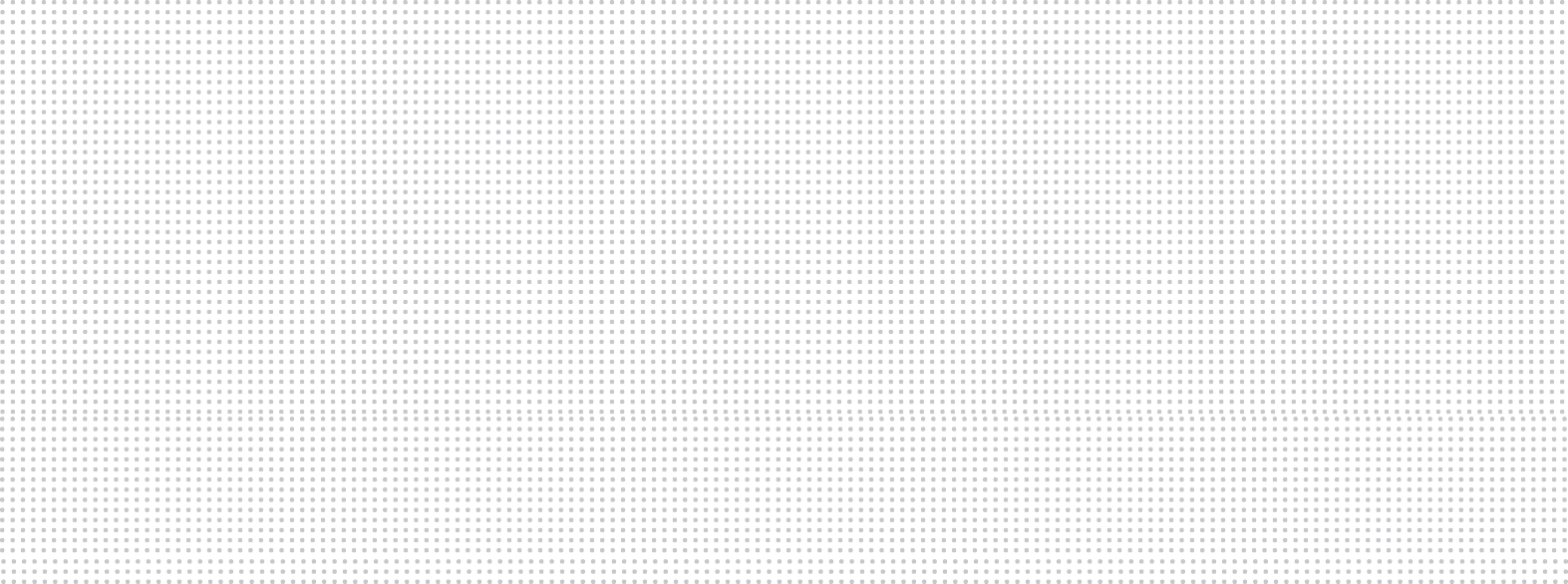
**Fact: Mental health affects everyone regardless of culture, race, ethnicity,**

**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**

**16.3%**

**19.3%**

**18.6%**

**13.9%**

**28.3%**

Hispanic adults

living with a mental health condition.

White adults

living with a mental health condition.

Black adults

living with a mental health condition.

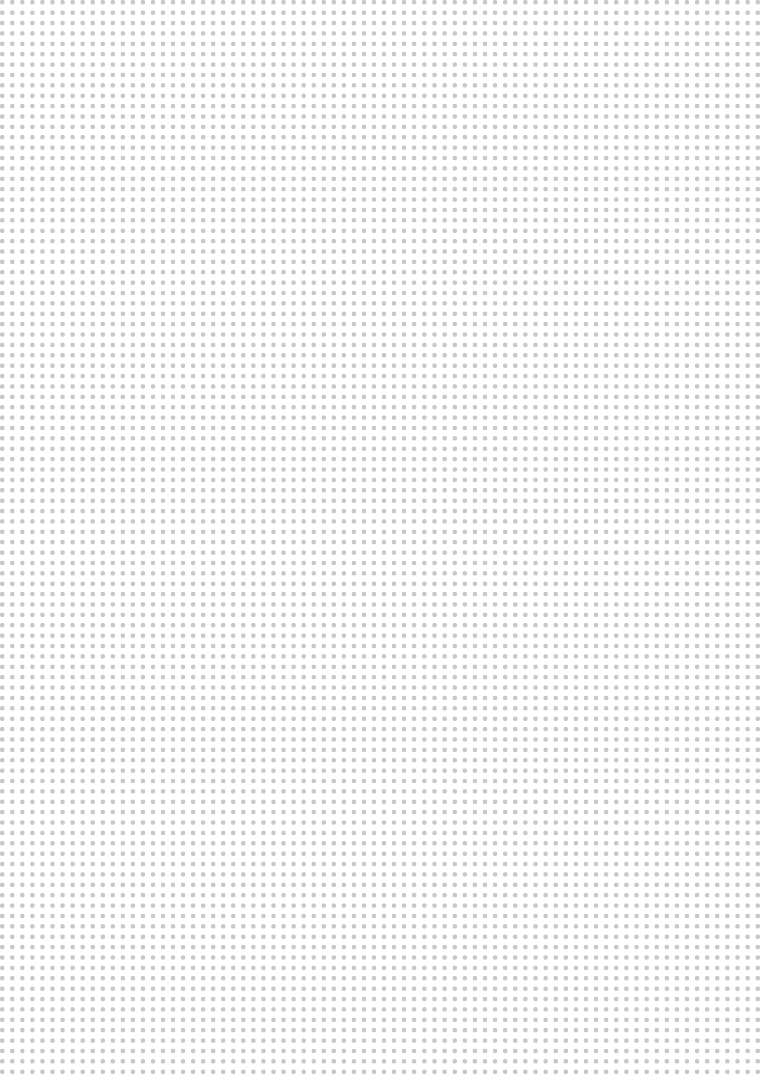
Asian adults

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%

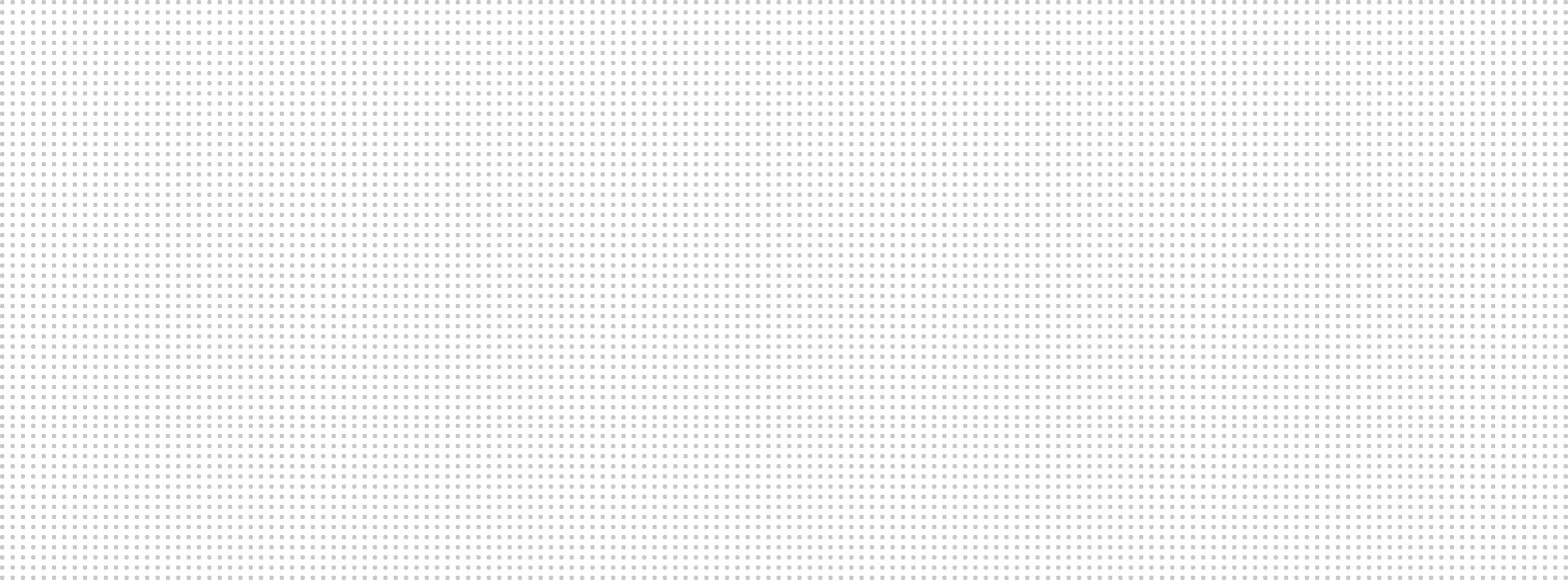
11% of transgender individuals

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.



Critical Issues Faced by Multicultural Communities

Less access to treatment

Culturally insensitive health care system

Less likely to receive treatment

Racism, bias, homophobia or

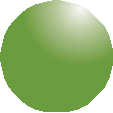
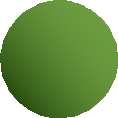
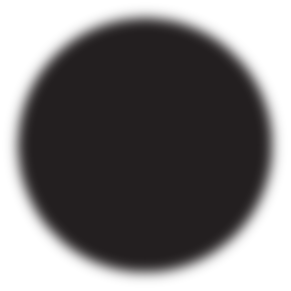
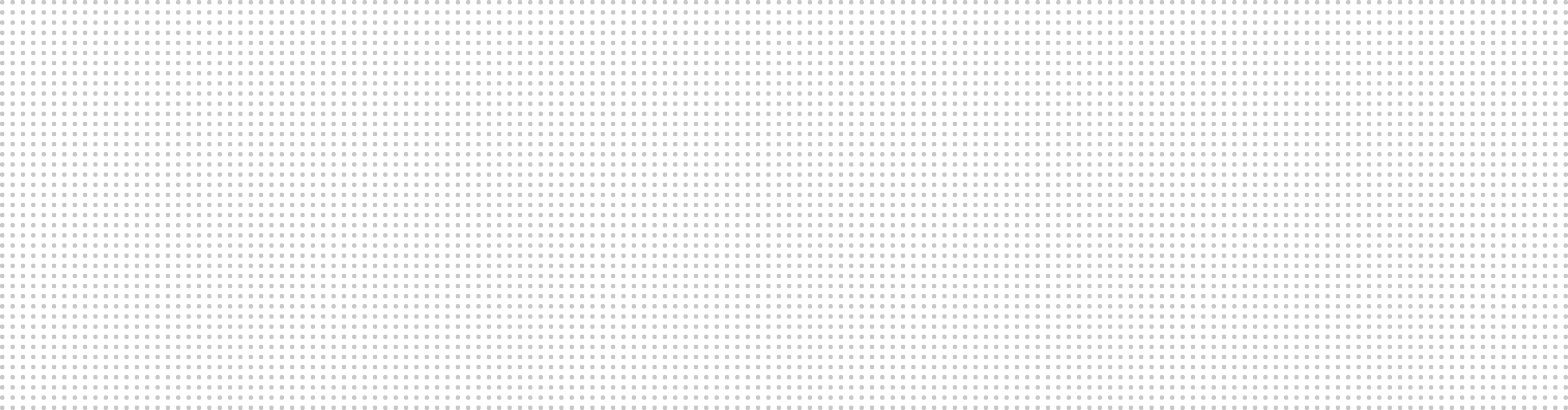
discrimination in treatment settings

Poorer quality of care

Language barriers

Higher levels of stigma

Lower rates of health insurance



**Ways to Get Help**

Talk with

your doctor

Connect with other

individuals and families

Learn more about

mental illness

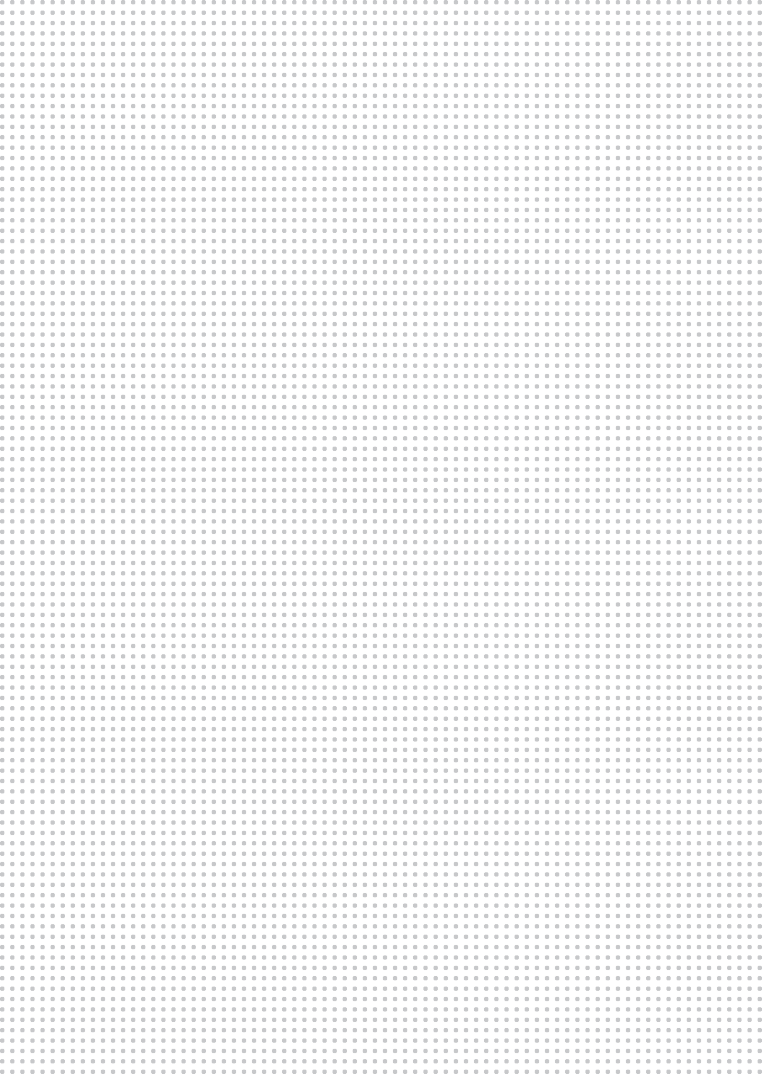
Visit

NAMI.org

1 This document cites statistics provided by the National Institute of Mental Health. [www.nimh.nih.gov,](http://www.nimh.nih.gov/) the Substance Abuse and Mental Health Services Administration, New Evidence Regarding Racial and Ethnic Disparities in Mental Health and Injustice at every Turn: A Report of the National Transgender Discrimination Survey.



# Follow Us!



**Use of Mental Health**

**Services among Adults**

**(2008-2012)**

Male

Female

11.3%

White

21.5%

6.6%

Black

10.3%

AI/AN\*

16.3%

15.1%

Asian

4.4%

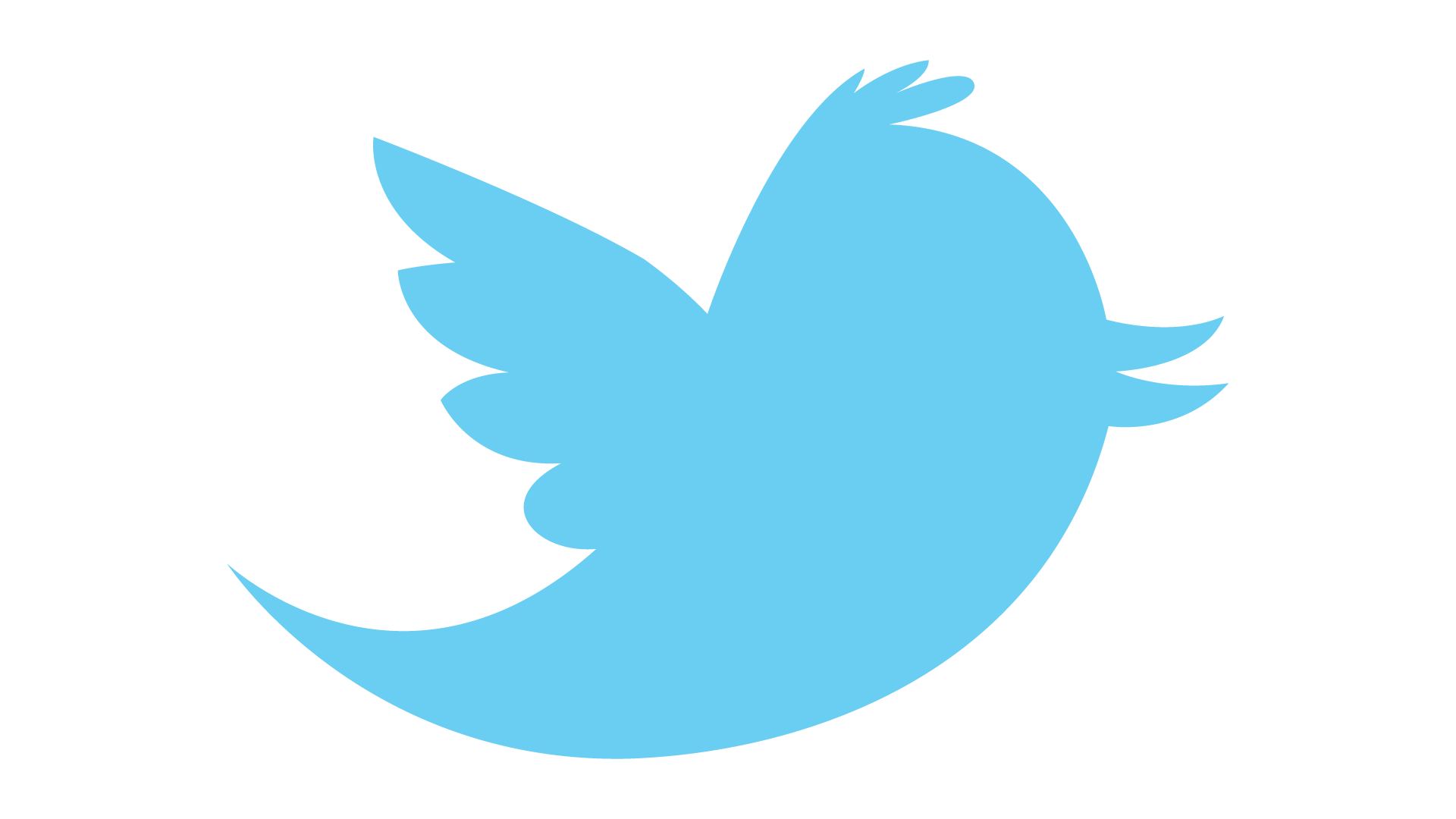
5.3%

5.5%

Hispanic

9.2%

\*American Indian/Alaska Native



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# [www.nami.org](http://www.nami.org/)