MINORITY MENTAL HEALTH

Mental health conditions can be experienced by anyone - any age, race, or gender

~46.6 million U.S. adults suffer from mental health conditions
~49.5% of adolescents suffer from mental health conditions
~19.8 million of those adults received care

Minority and multicultural groups on average report worse mental health when compared to white people

Depression rate in Black youth is 30% more than average
Suicide rates are 50% higher in Hispanic youth than white youth, in grades 9-12
Non-Hispanic whites received care 2x more often than Hispanics

Places to go to learn more:
Mental Health America
USA Mental Health First Aid
National Alliance on Mental Illness
National Institute of Mental Health