

Racial Inequity in Mental Health

Mental health care is for everyone, but not everyone can access it.

Just a few of the facts about how race impacts mental health:

MORE LIKELY Black children under 13 are more likely to die by suicide than white children.

LEADING CAUSE Suicide is the leading cause of death for Asian American youth.

ONLY A THIRD Only a third of Latin Americans with a mental illness receive treatment each year.

The deeper you look, the worse it gets.

Why is this happening?

FEWER THAN 1 IN 5

Fewer than one in five psychologists are of a racial minority. Nearly four in 10 Americans are Black, Hispanic, Asian, or another ethnic minority.

This means most people of color can't see a therapist of the same race. And many people of color may not seek care because of this.

BELOW POVERTY LINE

Non-white Americans are more likely to live below the poverty line. They're also less likely to have insurance.

A single therapy session can cost **more than \$200**—even with health insurance.

LESS LIKELY TO OWN A CAR

Non-white Americans are less likely to own a car.

This makes it **more difficult to access treatment**.

All these facts add up.

They make it clear that preventative mental health care is not a possibility for many people of color.

Preventative mental health care can stop severe mental illness down the line.

What can we do?

REDUCE STIGMA

Reduce stigma by talking about mental health and how race can play a role.

CHOOSE CULTURAL COMPETENCY

Choose and support providers who are trained in cultural competency.

DONATE AND VOLUNTEER

Donate and volunteer with organizations that are trying to close the gap of mental health inequity.

References:

The Centers for Disease Control and Prevention
The National Institute of Health
The American Psychological Association

For Mental Health Help Fast:

Call ****ASK** (star-star-2-7-5) from your cell phone or 1.800.939.5911.

Or visit us online at cardinalinnovations.org.