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
- How people perceive & cope with mental illness
- Family & community support
- How doctors interact
- Stigma & shame around mental illness
- How and where people seek help

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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<thead>
<tr>
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<th>ANY TREATMENT</th>
<th>ADEQUATE TREATMENT</th>
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<tbody>
<tr>
<td>White</td>
<td>60%</td>
<td>0%</td>
</tr>
<tr>
<td>African American</td>
<td>50%</td>
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<tr>
<td>Hispanic</td>
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<td>10%</td>
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<tr>
<td>Asian</td>
<td>30%</td>
<td>5%</td>
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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.