



Depression and Bipolar Support Alliance

DISPARITIES IN MENTAL HEALTHCARE

On average, minority populations report experiencing mental health problems at the same rate or less frequently than their white counterparts.

Despite this, the consequences are often more severe and longer lasting.

ONLY

43% OF U.S. ADULTS WITH A MENTAL HEALTH CONDITION **receive treatment or counseling**



AND THE DISPARITY ACROSS ETHNIC GROUPS IS STAGGERING

In 2015:



48% of whites



31% of Blacks and Hispanics



22% of Asians



WITH A MENTAL HEALTH CONDITION
RECEIVED SERVICES

Minority groups often encounter barriers to care, in addition to mental health stigma.

For example:

Rates of mental health conditions in African Americans are similar to the general population.

But when African Americans receive care, they have:



POOR QUALITY OF CARE



A LACK OF ACCESS TO CULTURALLY COMPETENT CARE



Black people with mental health conditions are more likely to be incarcerated than people of other races.

Roughly 2.7 million people who identify as Asian American/Pacific Islander have a mental and/or substance use disorder.

Unfortunately this group are:



LEAST LIKELY TO SEEK MENTAL HEALTH SERVICES THAN ANY OTHER RACIAL/ETHNIC GROUP

3x LESS

THREE TIMES LESS LIKELY TO ACCESS MENTAL HEALTH SERVICES THAN THEIR WHITE COUNTERPARTS

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DISPARITIES IN MENTAL HEALTHCARE

We need to confront this now.

The U.S. population gets more diverse each year. By 2044, it is projected that more than half of all Americans will belong to an ethnic group other than non-Hispanic White.

Trauma also has an outsized impact on diverse populations.

For example:

Asylum-seekers and refugees experience high rates of mental health conditions.

About one out of three asylum-seekers and refugees experience higher likelihood of



A study reported 70% of Southeast Asian refugees receiving mental health treatment were diagnosed with post-traumatic stress disorders (PTSD).

LGBTQ people are twice as likely to have a mental health disorder in their lifetime when compared to heterosexual men and women.

Many LGBTQ people



The disparities in mental healthcare are systemic and complex.

Racial, ethnic, gender, and sexual minority groups experience negative mental health outcomes because of a variety of factors, including: the inaccessibility of high-quality mental health care services, stigmas surrounding mental health, and discrimination.

What can I do?



Encourage others to speak openly about their lived experience



Distribute information and resources like this resource



Seek professional help when needed for yourself and others



Listen and speak about disparity in mental health healthcare



Join our advocacy efforts and learn more at DBSAlliance.org/Advocacy

FOR MORE INFORMATION,
VISIT DBSAlliance.org/Advocacy



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