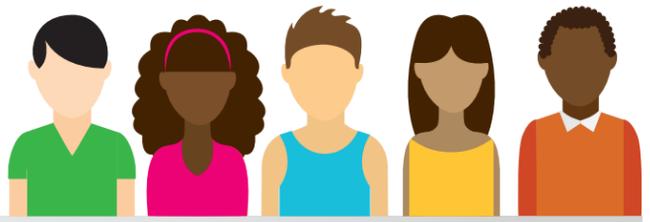


MULTICULTURAL MENTAL HEALTH



Does Mental Health Matter?

Mental health directly and indirectly impacts all of us.



1 in every 5 adults

in the U.S. experiences a mental health condition.

1 in every 5 children

ages 13-18 have or will have a serious mental health condition.

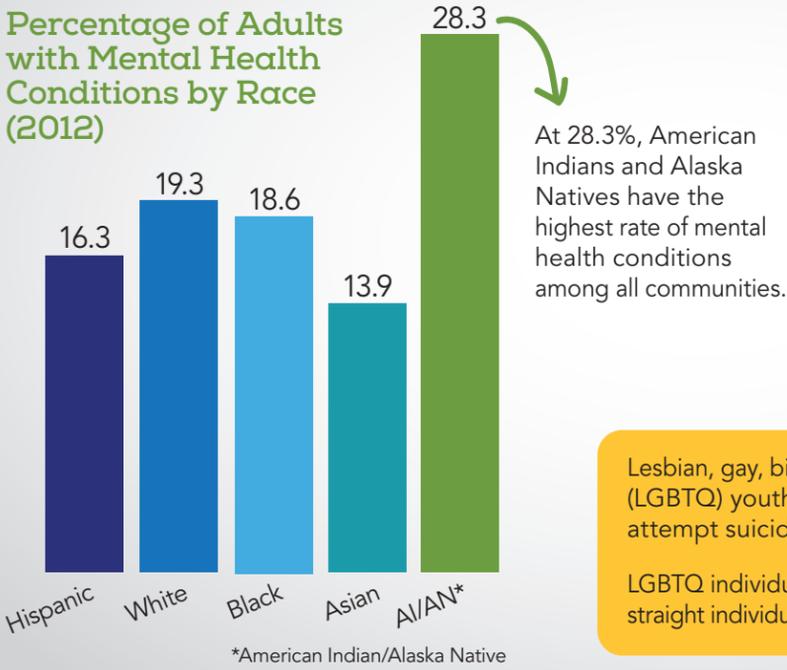
Mental health is part of overall health. Mental health conditions cause changes in thoughts, feelings and mood.

Mental health conditions can affect many areas of your life including: home, work, school, relationships with others, sleep, appetite, decision making and may worsen other medical problems.

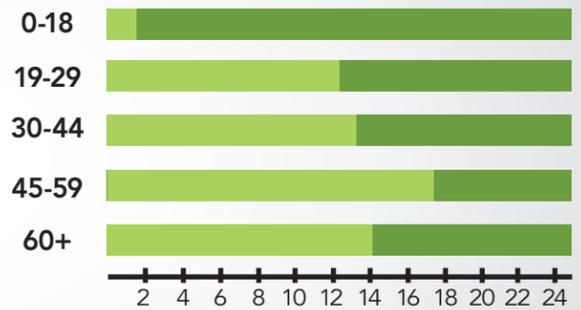
Does Mental Health Affect My Community?

Mental health affects everyone regardless of culture, race, ethnicity, gender and sexual orientation.

Percentage of Adults with Mental Health Conditions by Race (2012)



Rate of Suicides in the U.S. by Age per 100,000 People (2007)



Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

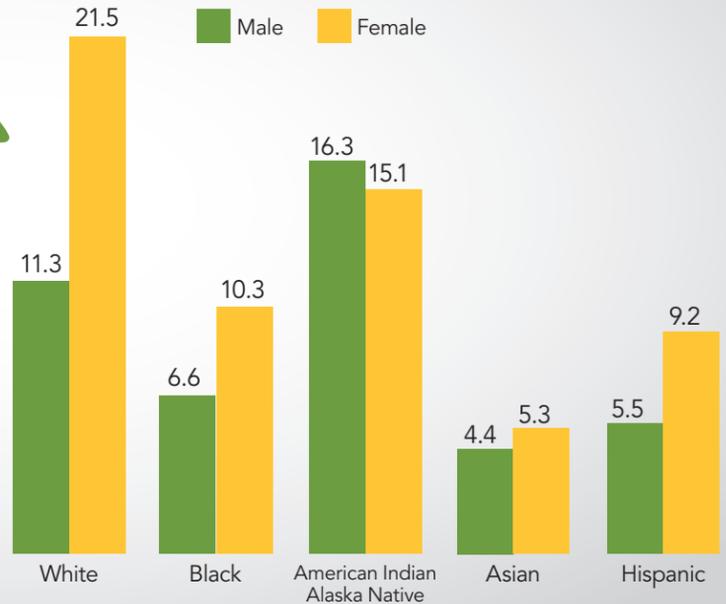
LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.



What Critical Issues Do Multicultural Communities Face?

- ✓ Less access to treatment
- ✓ Less likely to receive treatment
- ✓ Poorer quality of care
- ✓ Higher levels of stigma
- ✓ Culturally insensitive health care system
- ✓ Racism, bias, homophobia or discrimination in treatment settings
- ✓ Language barriers
- ✓ Lower rates of health insurance

Use of Mental Health Services among Adults (2008-2012)



Consequences

- Misdiagnosis and/or people dropping out of care.
- 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

Signs Someone May Need Help

- ! Feeling very sad or withdrawn for more than 2 weeks. For example, crying regularly, feeling fatigued, feeling unmotivated.
- ! Trying to harm or kill oneself or making plans to do so.
- ! Out-of-control, risk-taking behaviors that can cause harm to self or others.
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- ! Sudden or unexplained physical aches and pains such as headaches or backaches.

- ! Severe mood swings that cause problems in relationships.
- ! Repeated use of drugs or alcohol.
- ! Drastic changes in behavior, personality or sleeping or eating habits. For example, waking up early, not eating, eating too much or throwing up.
- ! Extreme difficulty in concentrating or staying still that can lead to failure in school or problems at work.
- ! Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes or work.

Is there hope?



Yes, there is hope.

When you start treatment early and play a strong role in your own recovery process you can live a full and successful life. Culturally competent care can improve access to and quality of treatment and services. This means better outcomes.

Ways to get help:

- Talk to your doctor
- Get a referral to a mental health specialist
- Work together with your mental health provider to integrate your culture into your treatment plan
- Connect with other families
- Learn more about mental health
- Visit www.nami.org

¹ This document cites statistics provided by the National Institute of Mental Health, 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.

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