Mental Health Facts

Fact: Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.

1 in every 5 adults in America experience a mental illness.

Nearly 1 in 25 (approximately 13.6 million) adults in America live with a serious mental illness.

One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Prevalence of Adult Mental Illness by Race

- Hispanic adults living with a mental health condition: 16.3%
- White adults living with a mental health condition: 19.3%
- Black adults living with a mental health condition: 18.6%
- Asian adults living with a mental health condition: 13.9%
- AI/AN* adults living with a mental health condition: 28.3%

LGBTQ Community

- LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.
- 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.
- Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

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

- White: 21.5%
- Black: 10.3%
- AI/AN*: 15.1%
- Asian: 5.3%
- Hispanic: 5.2%

Critical Issues Faced by Multicultural Communities

- 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

Ways to Get Help

- Talk with your doctor
- Connect with other individuals and families
- Learn more about mental illness
- Visit NAMI.org

*American Indian/Alaska Native

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