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 (10 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.

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**Prevalence of Adult Mental Illness by Race**

<table>
<thead>
<tr>
<th>Race</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic adults</td>
<td>16.3%</td>
</tr>
<tr>
<td>White adults</td>
<td>19.3%</td>
</tr>
<tr>
<td>Black adults</td>
<td>18.6%</td>
</tr>
<tr>
<td>Asian adults</td>
<td>13.9%</td>
</tr>
<tr>
<td>AI/AN* adults</td>
<td>28.3%</td>
</tr>
</tbody>
</table>

- Hispanic adults living with a mental health condition.
- White adults living with a mental health condition.
- Black adults living with a mental health condition.
- Asian adults living with a mental health condition.
- AI/AN* adults living with a mental health condition.

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**LGBTQ Community**

11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

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

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**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

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**Ways to Get Help**

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

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

- Male: 11.3%, Female: 21.5% (White)
- Male: 6.6%, Female: 10.3% (Black)
- Male: 4.4%, Female: 15.1% (AI/AN*)
- Male: 5.3%, Female: 9.2% (Asian)
- Male: 5.5%, Female: 9.2% (Hispanic)

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*Source: American Indian/Alaska Native

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