Break the Silence on Mood Disorders!
Countering Stigma & Cultural Barriers with Openness & Understanding

According to a recent survey by NAMI/Harris Poll, people of color experience significantly greater challenges when managing a mood disorder.

64% of respondents with a mood disorder who identify as POC report that there has been a time when they wanted to start treatment but did not receive it.

Mood disorder symptoms can include:
- Trouble concentrating or lying on bed
- Feeling anxious or uneasy
- Changes in eating habits
- Avoidance of friends
- A change in mood
- Difficulty sleeping

In addition to structural barriers like cast and access to providers, stigma and lack of cultural competency can prevent people of color from getting appropriate treatment — many struggle to be seen, heard, and understood.

77% of respondents who identify as POC report it is difficult to open up to others about their mood disorder.

74% of respondents who identify as POC report having positive experiences with health care professionals.

81% of white respondents reported the same.

“While racial disparities exist across all communities, our survey found that black, Hispanic, and Asian American individuals are facing more significant struggles — including a lack of cultural competency among health care professionals. This is of great concern and needs to be remedied.”


Share and Listen!

- Talk openly about cultural and racial disparities.
- Find support among mental health professionals who are culturally and linguistically competent.
- Talk openly about mental health and share your experience with mental health challenges.
- Use non-stigmatizing language:
  1. Use “melancholy” language, i.e., “in a blue state of mind.”
  2. Avoiding using terms associated with mental illness.
- Be understanding and supportive of others’ journeys to recovery.

Reach Out! Stop the Stigma! We are all in this #Together4MH