

The State of Minority Mental Health

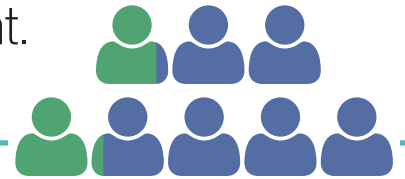
BIPOC can be uniquely affected by trauma from racial **discrimination**, **immigration**-related stressors, **language** barriers, displacement, the “model minority” **myth** and multiracial-identity **complexities**.

- National Institutes of Health



Minorities are less likely to seek mental health care. Only **30%** of Black and Hispanic populations and **22%** of Asian American populations receive treatment.

- Cedars-Sinai



MYTH: I'm weak because I'm struggling with my mental health.



Use inclusive terms like “**immigrant**” or “**foreign-born person**” instead of terms like “illegal alien” or “foreigner.”

- Centers for Disease Control & Prevention

Social determinants of health (SDoH) have **even greater influence** on well-being than genetics and cause **gaps in care** among minorities.

- Centers for Disease Control & Prevention



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Minority Mental Health Awareness Toolkit