

# The State of Minority Mental Health

In health care, you have a right to respectful care **without discrimination**, an interpreter **without cost** and to file a complaint **if needed**.



- U.S. Department of Health and Human Services

Minority communities **may face trauma** from racial discrimination, immigration stress, language barriers and displacement. Some may also feel the affects of the “model minority” myth and the challenges of **multiple racial identities**.

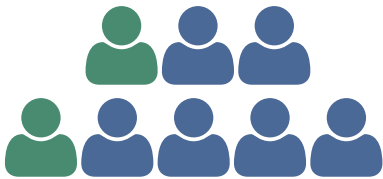
- National Institutes of Health



**MYTH:** Struggling with mental health is a sign of weakness.



Only **30%** of Black and Hispanic populations and **22%** of Asian American populations receive treatment.



- Cedars-Sinai

Social factors like **housing, income** and **access** to care affect health even **more than genetics** and can have a **greater impact** on people of color.

- Centers for Disease Control & Prevention



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## Minority Mental Health Awareness Toolkit