

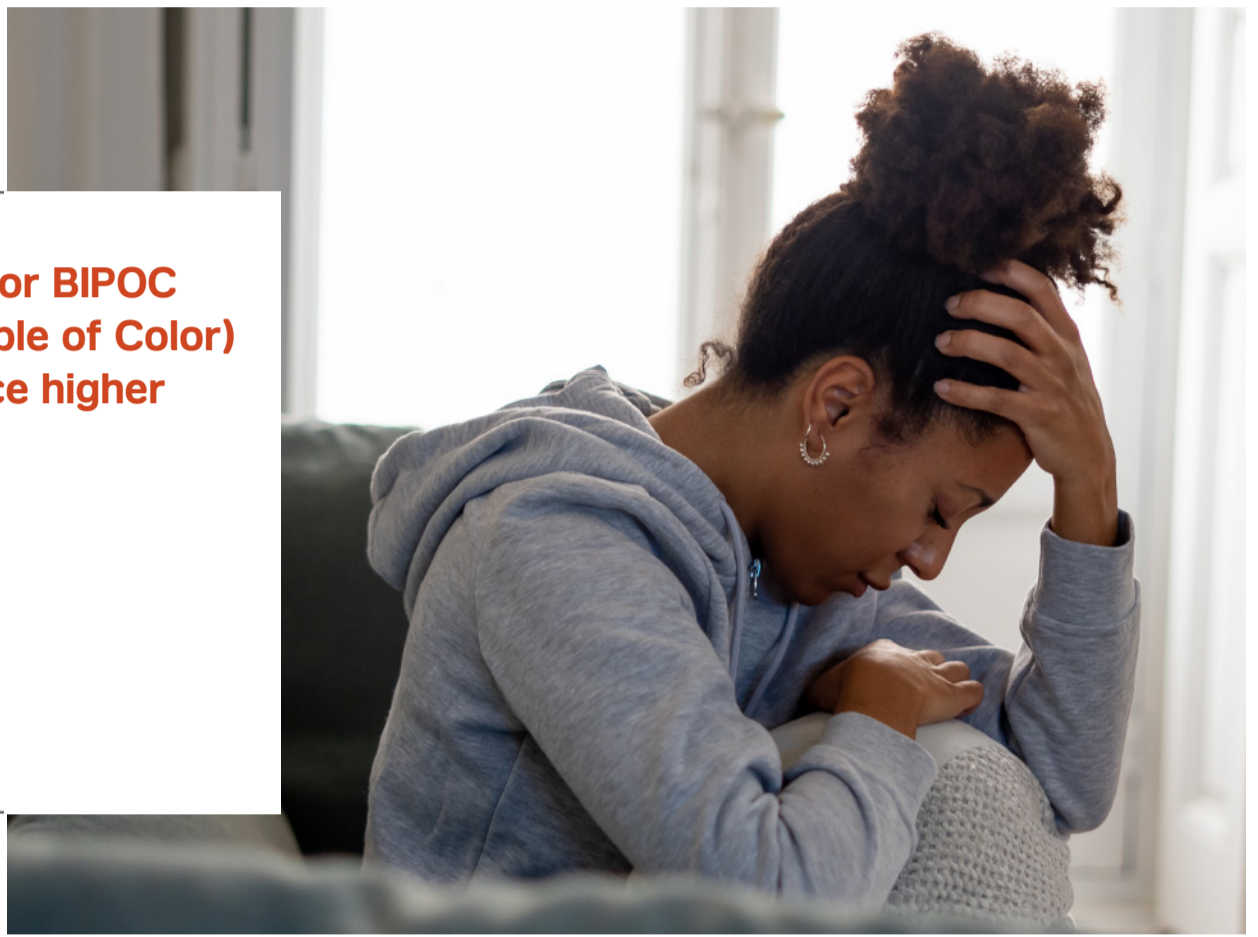
July Is Minority Mental Health Awareness Month



Mental health is part of being healthy for everyone.

Some minority groups, or BIPOC (Black, Indigenous, People of Color) communities, experience higher levels of:

- Anxiety
- Depression
- Post-traumatic stress
- Suicidal behaviors



Mental health by the numbers:

**1.8
million**

1.8 million people in the U.S. who identify as being **two or more races have mental illness.***



Black (38%), Hispanic (40%) and Asian American (36%) adults with mental illness are **less likely to receive mental health services** than white people (56%).**

59.8%

In 2023, 59.8% of youth in the U.S. with depression **didn't receive any mental health treatment.***

Sources: *Mental Health America, **KFF

BIPOC communities face barriers to mental health care, including:

- Communication gaps
- Cultural stigma
- Lack of insurance
- Transportation limitations



Everyone can help normalize mental health care.

- Practice cultural sensitivity and cultural humility.
- Have open conversation and listen without judgment.
- Learn about common mental health conditions and resources.

Concerned about your mental health?
Find a culturally responsive provider
at weillcornell.org/doctors