

BE COLOR BRAVE, NOT BLIND.

BIPOC Mental Health Month Fast Facts

Disparities in Health Care Coverage

Uninsured rates by race and ethnicity, 2019 from the [Kaiser Family Foundation](#)



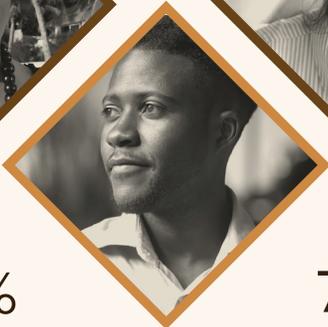
21.7%
American Indian
or
Alaskan Native



20%
Hispanic



12.7%
Native Hawaiians
and other
Pacific Islanders



11.4%
Black



7.8%
White



7.2%
Asian

Disparities in Prevalence of Mental Health Conditions and Care

ANXIETY

Non-Hispanic Black adults (48%) and Hispanic or Latino adults (46%) were more likely to report symptoms of anxiety or depressive disorder than White adults (41%) as a result of the COVID-19 pandemic. [\[Source\]](#)

SPILLOVER EFFECTS

A 2018 study from the University of Pennsylvania found that police killings could contribute 1.7 additional poor mental health days per Black person every year, or 55 million more poor mental health days for Black Americans annually. [\[Source\]](#)

DISPARITIES

Black Americans are nearly three times more likely to be killed by police than their white counterparts, with even larger disparities among those who are unarmed. [\[Source\]](#)

HEALTH CARE

Only one-in-three Black Americans who need mental health care receive it. [\[Source\]](#)

STRESS

Hispanic/Latino adults reported a higher prevalence of psychosocial stress related to not having enough food or stable housing than did adults in other racial and ethnic groups. [\[Source\]](#)

DEPRESSION

Symptoms of current depression were reported 59% more frequently by Hispanic adults (40.3%) than by non-Hispanic White persons (25.3%). [\[Source\]](#)

SUBSTANCE

Increased or newly initiated substance use was reported among 36.9% of Hispanic people, compared with 14.3%–15.6% among all other individuals. [\[Source\]](#)

SUICIDE

Of the Native Americans who die by suicide, 40% are between the ages of 15 and 24. And among young adults ages 18 to 24, Native Americans have higher rates of suicide than any other ethnicity, and higher than the general population. [\[Source\]](#)

A larger percentage of multiracial and non-Hispanic adults of other races/ethnicities reported stress and worry about stigma or discrimination associated with being blamed for spreading COVID-19 (12.9%) than did White (2.4%) or Hispanic (3.7%) adults. [\[Source\]](#)

STIGMA

HEALTH ISSUES

In a 2019 review of research in the U.S. and other countries, Indigenous women were 62% more likely to have mental health issues during their pregnancy or after the birth of their baby compared to non-Indigenous women. [\[Source\]](#)

Research shows that 2.7M Asian Americans and Pacific Islanders have a mental and/or substance abuse disorder but cultural and structural barriers prevent them from accessing mental health services. [\[Source\]](#)

BARRIERS

MENTAL HEALTH

People who identified as Asian or Pacific Islander made up 17% of the anxiety and depression mental health screening population through Mental Health America in 2020, compared to just 10% in 2019. [\[Source\]](#)