Prevalence of Adult Mental Illness by Race

- Hispanic adults living with a mental health condition: 16.3%
- White adults living with a mental health condition: 19.3%
- Black adults living with a mental health condition: 18.6%
- Asian adults living with a mental health condition: 13.9%
- AI/AN* adults living with a mental health condition: 28.3%

*Limited data for American Indian/Alaska Native adults.

LGBTQ Community

- LGBTQ individuals are 2 or more times more likely to have a mental health condition.
- 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

Use of Mental Health Services among Adults (2008-2012)

- Male
- Female

<table>
<thead>
<tr>
<th>Race</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>11.3%</td>
<td>21.5%</td>
</tr>
<tr>
<td>Black</td>
<td>6.6%</td>
<td>10.3%</td>
</tr>
<tr>
<td>AI/AN*</td>
<td>4.4%</td>
<td>15.1%</td>
</tr>
<tr>
<td>Asian</td>
<td>5.3%</td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>5.5%</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

Critical Issues Faced by Multicultural Communities

- Less access to treatment
- Less likely to receive treatment
- Poorer quality of care
- Higher levels of stigma
- Culturally insensitive health care system
- Racism, bias, homophobia or discrimination in treatment settings
- Language barriers
- Lower rates of health insurance

Ways to Get Help

- Talk with your doctor
- Connect with other individuals and families
- Learn more about mental illness
- Visit NAMI.org

Fact: Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.

- 1 in every 5 adults in America experience a mental illness.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

This document cites statistics provided by the National Institute of Mental Health: www.nimh.nih.gov, the Substance Abuse and Mental Health Services Administration, and the National Alliance on Mental Illness: NAMI.org.