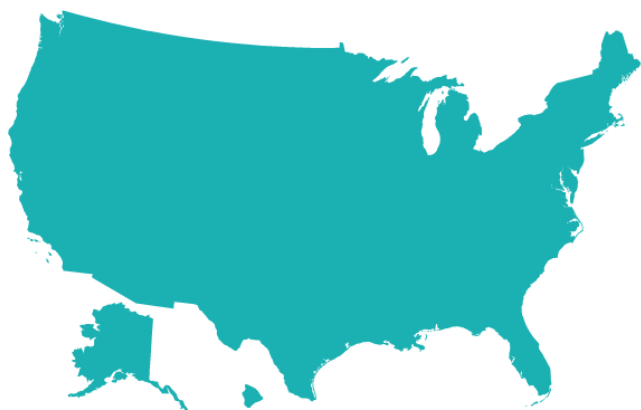




Infographic: BIPOC And LGBTQ+ Mental Health

Edit: As of 2020, Mental Health America is modifying our materials for Black, Indigenous, and People of Color to no longer use the term "minority." We are in the process of phasing out the term "minority" and will be updating this image. As an organization dedicated to recognizing the value and personhood of all people, the need to use person-first language when referring to all individuals and our efforts towards addressing mental health with a racial equity lens is critical.

BIPOC AND LGBTQ+ MENTAL HEALTH

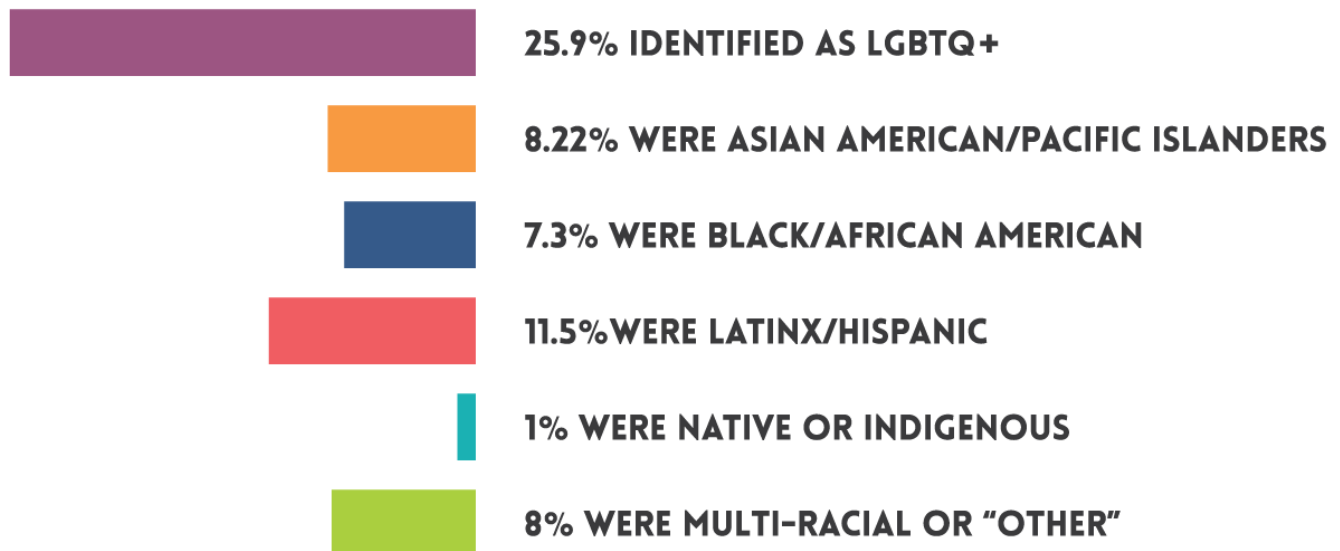


41.8%
OF THE U.S. POPULATION
ARE PEOPLE OF COLOR
AND
13.5%
WERE BORN IN A
DIFFERENT COUNTRY¹

4.5% OF THE U.S. POPULATION IDENTIFIES AS LGBTQ+²

SINCE 2014, OVER 5 MILLION PEOPLE HAVE TAKEN A MENTAL HEALTH SCREEN AT MHASCREENING.ORG.

OF THOSE WHO SHARED PERSONAL INFORMATION:



HIGHER RISK



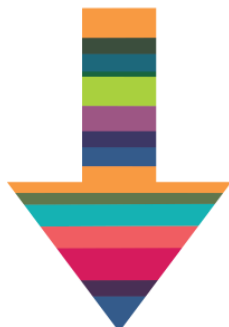
LGBTQ+ PEOPLE WERE MORE LIKELY THAN NON-LGBTQ+ PEOPLE TO SCREEN POSITIVE OR AT-RISK ACROSS ALL SCREENS.

AMONG BIPOC SCREENERS:

MULTIRACIAL PEOPLE WERE THE MOST LIKELY TO SCREEN POSITIVE OR AT-RISK FOR ALCOHOL/SUBSTANCE USE DISORDERS, ANXIETY, DEPRESSION, EATING DISORDERS, AND PSYCHOSIS.

NATIVE AND INDIGENOUS PEOPLE WERE THE MOST LIKELY TO SCREEN POSITIVE OR AT-RISK FOR BIPOLAR DISORDER AND PTSD.

LOWER RISK



BLACK/AFRICAN AMERICAN PEOPLE WERE SLIGHTLY LESS LIKELY TO SCREEN POSITIVE OR AT-RISK FOR ALCOHOL/SUBSTANCE USE DISORDERS, ANXIETY, DEPRESSION, EATING DISORDERS, AND PSYCHOSIS.

ASIAN AMERICAN/PACIFIC ISLANDERS WERE SLIGHTLY LESS LIKELY TO SCREEN POSITIVE OR AT-RISK FOR BIPOLAR DISORDER AND PTSD.

SCREENING IS A FREE, ANONYMOUS, AND CONFIDENTIAL WAY TO DETERMINE IF A PERSON IS EXPERIENCING SYMPTOMS OF A MENTAL HEALTH CONDITION. RESULTS CAN BE USED TO START A CONVERSATION ABOUT YOUR MENTAL HEALTH. VISIT MHASCREENING.ORG TO GET STARTED.



LEARN MORE ABOUT BIPOC AND LGBTQ+ MENTAL HEALTH AT:

www.mhanational.org/bipoc-mental-health

www.mhanational.org/BIPOC-mental-health-month

www.mhanational.org/issues/black-african-american-communities-and-mental-health

www.mhanational.org/issues/latinxhispanic-communities-and-mental-health

www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health

www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health

www.mhanational.org/issues/lgbtq-communities-and-mental-health

Sources

1. U.S. Census. (2019). Quick Facts. <https://www.census.gov/quickfacts/fact/table/US/PST120219>

2. <https://news.gallup.com/poll/234863/estimate-lgbt-population-rises.aspx>

All other facts and figures derived from proprietary data from MHAScreening.org



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