

## FAST FACTS: LATINO/HISPANIC MENTAL HEALTH

All people value good health, and there's lots of evidence that physical health is strongly tied to emotional health and stress levels. Because of this, maintaining good mental health doesn't just feel better; it can help your whole body, even for chronic conditions like diabetes or heart disease.

The need to address access to mental health services within the Latino/Hispanic community is growing. Recent research tells us that 1 in 7 Latinos experience mental health challenges but fewer than 1 in 11 contact mental health care specialists and fewer than 1 in 5 contact general health care providers (*source: [Latino Community Mental Health Fact Sheet, NAMI](#)*). It is vital that we find ways to provide the nation's largest minority with a pathway to overall health and wellbeing. Peer Support by others who've dealt with mental health challenges is one of the most effective pathways.

### Mental Health Challenges:

Latinos are identified as a high-risk group for depression, anxiety and substance abuse.

*Source: [National Latino Behavioral Health Association \(NLBHA\)](#)*

Prevalence of depression is higher in Latino women (46%) than Latino men (19.6%).

*Source: [Latino Community Mental Health Fact Sheet, NAMI](#)*

U.S.-born Hispanics report higher rates for most psychiatric disorders than Hispanic immigrants.

*Source: [Mental Health Disparities: Hispanics and Latinos, American Psychiatric Association](#)*

Rates of mental disorders for Hispanics or Latinos in 2014 include:

- About 3.5% of adult Hispanics or Latinos had a serious mental illness.
- About 3.3% of this population had a co-occurring mental health and substance use disorder.

*Source: [SAMHSA](#)*

Poverty level affects mental health status. Hispanics living below the poverty level, as compared to Hispanics over twice the poverty level, are over twice as likely to report psychological distress.

*Source: [U.S. Department of Health and Human Services, Office of Minority Health](#)*

## Barriers to Mental Health Services

The language barrier, lack of insurance, and a lack of cultural competence prevents Latinos from accessing mental health services.

**Source:** ["Lack of Culturally Competent Care Keeps Hispanics From Seeking Help," Psychiatric News](#)

Hispanics are more likely to report poor communication with their health provider. Several studies have found that bilingual patients are evaluated differently when interviewed in English as opposed to Spanish and that Hispanics are more frequently undertreated.

**Source:** [Mental Health Disparities: Hispanics and Latinos, American Psychiatric Association](#)

Studies have shown that older Hispanic adults and Hispanic youth are especially vulnerable to psychological stresses associated with immigration and acculturation.

**Source:** [Mental Health Disparities: Hispanics and Latinos, American Psychiatric Association](#)

Latinos are twice as likely to seek treatment for mental disorders in other settings, such as general health care or the clergy, than in mental health specialty settings.

**Source:** [Latino Community Mental Health Fact Sheet, NAMI](#)

## Latinos/Hispanics in the U.S.

About 1 in 6 people living in the U.S. are Hispanic (almost 57 million). By 2035, this could be nearly 1 in 4.

**Source:** [Centers for Disease Control \(CDC\)](#)

39.4% of those living in Texas are Latino/Hispanic.

**Source:** [U.S. Census Bureau](#)

More than 17.6% of the U.S. population (56.6 million) self-identify as Hispanic or Latino, making people of Hispanic origin the nation's largest racial/ethnic minority.

**Source:** [Mental Health Disparities: Hispanics and Latinos, American Psychiatric Association](#)