

SUNDAY MORNING


HEALTH CORNER


Observing Minority Mental Health Awareness Month in July


According to the National Alliance of Mental Illness (NAMI), 16% of African Americans experience a mental health condition. Unfortunately, when it comes to mental illness, minorities are often undiagnosed and receive inadequate treatment compared to adult Whites. Regrettably, African Americans face an added stigma and discrimination when seeking mental health care, causing apprehension about pursuing professional treatment.

Know the Facts

 **Sixteen percent (4.8 million)** of Black and African American people reported having a mental disorder, and **22.4 percent of those (1.1 million people)** reported a serious mental disorder in 2018.

 African Americans are **20 percent** more likely to have serious psychological distress than other ethnic groups.

 **Poverty level affects mental health status.** African Americans living below the poverty level are **twice** as likely to report serious psychological distress.

 In 2019, suicide was the **second** leading cause of death for Black Americans, ages 15 to 24.

Remember, there is support and there is hope!

If you or a loved one is experiencing symptoms, talk to a trusted healthcare professional. **Stay connected with a support network, such as friends, family, or clergy.**

If you or a loved one is in crisis, call 911 as soon as possible. If you or a loved one needs someone to talk to, there is confidential support available 24/7 for everyone in the United States by calling **1-800-273-8255** for the National Suicide Prevention Hotline.



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