

3 Reasons Racial and Ethnic Minority Groups Aren't Accessing Mental Health Care in America

BIPOC in the U.S. actually experience less mental illness than their white counterparts, but the impact mental illness has on these groups is much higher. Underutilization of mental health care might be behind the discrepancy.



A 2015 study found that while almost half of white adults sought help for mental illness, only 22% of Asian Americans and 31% of Black and Hispanic Americans sought mental health care during the same time period. Why is that?

Systematic Racism, Bias, and Discrimination in Treatment Settings

BIPOC often receive a lower quality of care and are more likely to be misdiagnosed or underdiagnosed.

1



Lack of Access to Resources

BIPOC often have limited resources, making it difficult to afford health care, take time off of work, secure child care, or find transportation to and from appointments.

2

Stigma and Cultural Factors

Only one in three Black Americans with mental illness receive help and Asian Americans are the least likely of any racial group to seek mental health services.

3

