

# NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

JULY 2019

- ◆ July is National Minority Mental Health Awareness Month. This observance is dedicated to raising awareness of mental illness and its effects on minority populations in the U.S. and to improving access to mental health treatment and services for racial and ethnic groups.

## Counselor's Corner

At StressCare Behavioral Health, Inc., we celebrate diversity and welcome clients of all backgrounds! We tailor our services to your unique needs and we strive to understand and respect what is important to you as a person of minority status. While it may be hard to seek help, do know that in doing so things can improve in your life, or your loved one's life. We are here to help. We genuinely care and offer a wide variety of confidential, professional services, delivering "help in the moment" for all of life's challenges.

~ Marsha Drees, EAP Director

Statistics from NAMI, the National Alliance on Mental Illness, show that mental illness affects one in four American families and people in diverse communities are no exception. The U.S. Surgeon General reports that minorities:

- ❖ are less likely to receive diagnosis and treatment for their mental illness
- ❖ have less access to and availability of mental health services
- ❖ often receive poorer quality of mental health care
- ❖ are underrepresented in mental health research

Many people live with a mental health condition, a person's background and identity should not be an additional obstacle in accessing needed services or care. Through education and support, disparity in health care in diverse communities can be reduced and appropriate mental health services brought to the families and individuals that need them.

SAMHSA (Substance Abuse and Mental Health Services Administration) reported these 2017 statistics:

- ❖ Over 70% of Black/African American adolescents with a major depressive episode did not receive treatment for their condition.
- ❖ Almost 25% of adolescents with a major depressive episode were Hispanic/Latino.
- ❖ Asian American adults were less likely to use mental health services than any other racial/ethnic groups.
- ❖ Nearly 1 in 10 American Indian or Alaska Native young adults had serious thoughts of suicide.
- ❖ 1 in 7 Native Hawaiian and Pacific Islander adults had a diagnosable mental illness.

**You may call us to get started at 419-531-3500. We offer appointments Monday-Friday, and we are available for crisis calls after hours.**

**StressCare Behavioral Health EAP**  
**419-531-3500**

