Magellan HEALTHCARE®

Black, Indigenous and People of Color
(BIPOC) Mental Health Awareness Month

Raising awareness and ending stigma

BIPOC and LGBTQ+ communities face unique stressors that increase vulnerability to mental health conditions. Increasing awareness of the issues people of color and those in marginalized communities face helps reduce stigma so that those with mental health concerns can get the help they need to thrive in their lives.

Mental health conditions do not discriminate based on race, color, gender or identity. Nearly 1 in 5 Americans will experience a mental illness each year and depression is the leading cause of disability in the United States. While non-White people experience relatively similar rates of mental illness as White people, they face unique stressors that increase vulnerability to mental health conditions when it comes to accessing mental health help.

Percent of community with mental illness

- 39% LGBTQ+
- 25% Multiracial
- 19% Native American or Alaskan Native
- 17% Black or African American
- 16% Latinx or Hispanic American
- 15% Asian American or Pacific Islander

Barriers to accessing care

Research indicates that, compared with people who are White, people in BIPOC communities are:

- Less likely to have access to mental health services
- Less likely to seek out treatment
- More likely to receive low or poor quality of care
- More likely to end services early

These barriers can be attributed to a variety of factors, such as cultural stigma around mental illness, systemic racism and discrimination, language barriers, a lack of health insurance, mistrust of mental healthcare providers and a lack of cultural competency on the part of mental healthcare providers.

For more information and resources, visit MagellanHealthcare.com/BIPOC-MH.