


OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues facing Hispanics/Latinx and invite you to learn more.

Did you Know?

Latinx high school females had a  **40% HIGHER RATE OF SUICIDE ATTEMPTS** than white classmates in 2017.

A significant percentage of Hispanic adults with serious mental illness did **NOT** receive treatment in 2018.

18-25 year olds: 26-48 year olds:

56.8%

39.6%

One in five Hispanic/Latinx individuals had no form of health insurance in 2018.



Did You Know?

Poverty affects mental health status.



Hispanic people living below poverty level are **MORE THAN 2x as LIKELY** to report mental health distress than Hispanics living well over poverty level.

Take Action

Data from US Department of Health and Human Services and NAMI

General Public:

Learn about the Latinx/Hispanic community which is made up of a vast array of cultural beliefs and traditions. It can help build understanding and connection.

Here's a great place to start: <https://www.pbs.org/latino-americans/en/>

Providers:

Check-in with clients to see if experiences of racial discrimination are impacting their day-to-day lives.

Understand the cultural differences among the Hispanic/Latinx community.

Discuss their responses openly.

Validate individual experiences of trauma.

Learn more: [U.S. Department of Health and Human Services - Think Cultural Health](#)

Business Leadership:

Check your **unconscious biases**, and give your staff a chance to do the same. [The Harvard Implicit Bias test](#) is a great place to start.

Need tools to help staff overcome bias?

Our favorites are:

- [The Space2 Model Of Mindful Inclusion](#) and
- University of California, San Francisco's [Strategies to Address Unconscious Bias](#).

Need a blueprint to create organizational change?

We recommend:

- [National Standards for Culturally and Linguistically Appropriate Services \(CLAS\)](#).

Connect to Help:

988 Suicide and Crisis Lifeline Call or text 988 or chat 988lifeline.org/chat
Crisis Text Line Text Got5 to 741741
OMH's Customer Relations 1-800-597-8481



Office of
Mental Health