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?

Latínx 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: **56.8%**
26-48 year olds: **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

**General Public:**
Learn about the Latínx/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/](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](https://www.hhs.gov/culturalhealth/)

**Business Leadership:**
Check your **unconscious biases**, and give your staff a chance to do the same. The [Harvard Implicit Bias test](https://implicit.harvard.edu/implicit/) is a great place to start.

Need tools to help staff overcome bias? Our favorites are:
- [The Space2 Model Of Mindful Inclusion](https://space2.org/) and
- [University of California, San Francisco’s Strategies to Address Unconscious Bias](https://www.ucsf.edu/cit/)

Need a blueprint to create organizational change? We recommend:
- [National Standards for Culturally and Linguistically Appropriate Services (CLAS)](https://www.who.int/culture/nationalstandards)

**Connect to Help:**
- **National Suicide Prevention Lifeline** 1-800-273-8255
- **Crisis Text Line** Text Got5 to 741741
- **NY Project Hope Emotional Support Line** 1-844-863-9314
- **OMH’s Customer Relations** 1-800-597-8481

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**Data from US Department of Health and Human Services and NAMI**