


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:

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



Office of  
Mental Health