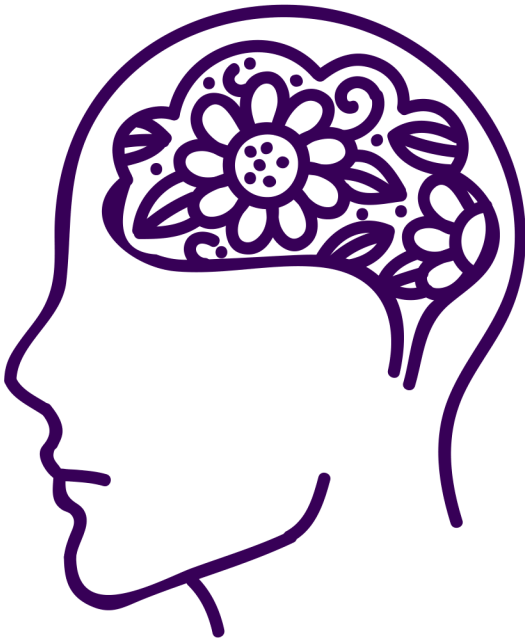


JULY IS MINORITY MENTAL HEALTH MONTH



National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

RACIAL AND ETHNIC MINORITIES OFTEN SUFFER FROM POOR MENTAL HEALTH OUTCOMES DUE TO MULTIPLE FACTORS INCLUDING:

- Lack of access to quality mental health care services
- Cultural stigma surrounding mental health care
- Discrimination
- Overall lack of awareness about mental health.

WHY CULTURALLY COMPETENT CARE MATTERS FOR NATIVE AMERICANS:

The U.S. Department of Health and Human Services reports that people who identify as a member of a minority community are less likely to receive a diagnosis of and treatment for mental illness, have less access to mental health services, and often receive a poorer quality of mental health care.

HOW TO SEEK CULTURALLY COMPETENT CARE:

When meeting with a provider, it is important to ask questions to get a sense of their level of cultural sensitivity. Providers expect and welcome questions from their patients since this helps them better understand what is important in their treatment.

HERE ARE SOME QUESTIONS TO ASK A NEW PROVIDER:

- Have you treated other Indigenous/Native people?
- Have you received training in spirituality or traditional practices?
- How do you see our cultural backgrounds influencing our communication and my treatment?
- Do you have training in trauma-informed care?

Whether seeking help from a primary care doctor or a mental health professional, you should leave the appointment feeling heard and respected. The amount of respect shown by the provider is the most important basis for an effective treatment relationship.



All Nations Crisis Textline

Text "**Support**" to 33464 to chat with an All Nations team member.

Monday–Friday: 6pm–2am
Saturday/Sunday: 10am–2am

society of care



Sources:

<https://minorityhealth.hhs.gov/minority-mental-health/>
<https://preventionactionalliance.org/about/programs/know/know-parent-tips/know-july-is-national-minority-mental-health-awareness-month/>
<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Indigenous>