# THE OFFICE OF MINORITY HEALTH

The Office of Minority Health (OMH) works to eliminate differences in health status between racial and ethnic minority and non-minority populations by providing leadership and guidance on best ways to address racial and ethnic health disparities.

For more information, please contact the Office of Minority Health at

(330) 926-5764

or visit our website at

scph.org/omh



Funded by
The Ohio Commission on Minority Health

# SUPPORT SERVICES

Summit County Public Health Alcohol & Drug Counseling 1867 W Market St, Akron, OH 44313 330-375-2984

Minority Behavioral Health Group 1293 Copley Rd, Akron, OH 44320 (330) 374-1199

Text: 4hope to 741 741
Free support available 24/7

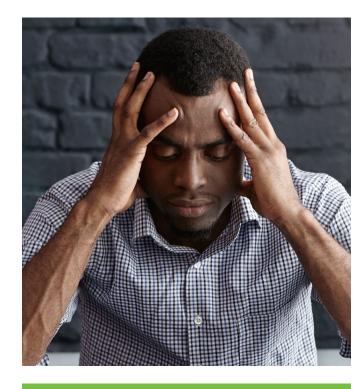
For a list of mental health providers in Summit County:

www.admboard.org

#### **REFERENCES**

www.cdc.gov/mentalhealth
www.nami.org
www.psychiatry.org
www.nimh.nih.gov
www.minorityhealth.hhs.gov
www.mentalhealth.gov





# CALL TO ACTION: MENTAL HEALTH

330.926.5764 minorityhealthsummitcounty.org

## **MENTAL ILLNESS**

A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day.

#### MENTAL HEALTH CONDITIONS

- Attention deficit hyperactivity disorder (ADHD)
- Anxiety Disorders
- Autism
- Bipolar Disorder
- · Borderline Personality Disorder
- Depression
- · Dissociative Disorders
- Early Psychosis and Psychosis
- Eating Disorders
- Obsessive-compulsive Disorder
- Post-traumatic Stress Disorder
- Schizoaffective Disorder
- Schizophrenia



















### **BOTTOM LINE**

- 1 in 5 adults in the United States experiences a mental health condition in a given year.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24. Early intervention programs can help.
- Only one-in-three African Americans who need mental health care receive it.
- African Americans and Hispanic Americans each use mental health services at about one-half the rate of Caucasian Americans, and Asian Americans at about one-third the rate.
- Suicide attempts for Hispanic girls, grades 9-12, were 50% higher than for White girls in the same age group, in 2015.

# MENTAL HEALTH DISPARITIES

Mental health conditions do not discriminate based on race, color, gender or identity. However, background and identity can make access to mental health treatment much more difficult.

#### **BARRIERS TO CARE**

- Stigma associated with mental illness
- Less likely to receive treatment
- · Poorer quality of care
- Lack of providers from diverse racial/ ethnic backgrounds
- Distrust of the health care system
- Language barriers
- · Lack of insurance/underinsurance

# **CALL TO ACTION**

Fight the stigma of mental health issues and treatment in minority populations. Take action now and push for better legislation and policies.