THE IMPORTANCE OF BIPOC MENTAL HEALTH AWARENESS MONTH

My Michigan Health
UNIVERSITY OF MICHIGAN HEALTH

Senior Life Solutions®

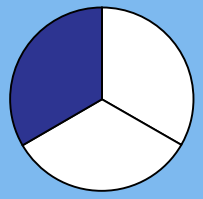
ACCESS TO CARE IS NOT EQUAL.

Cultural stigma, lack of representation, and limited access to culturally competent providers can make it harder for individuals to seek and receive support.

REPRESENTATION MATTERS IN HEALING.

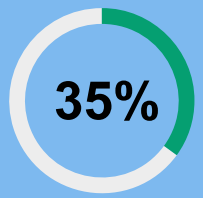
Connecting with providers and support systems that understand cultural backgrounds can improve trust, communication, and outcomes.

Feeling seen and heard is a critical part of mental health care.



ONLY 1 IN 3
BLACK ADULTS WHO NEED MENTAL HEALTH CARE RECEIVE IT

ASIAN AMERICAN ADULTS ARE **60% LESS LIKELY** TO RECEIVE MENTAL HEALTH TREATMENT THAN WHITE ADULTS

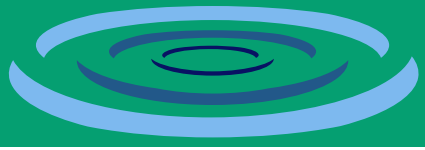


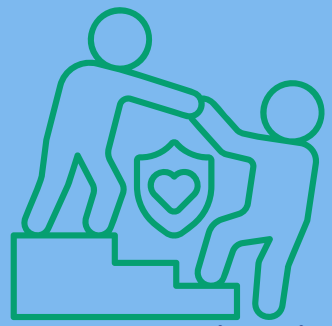
35%
OF HISPANIC/LATINO ADULTS WITH MENTAL ILLNESS RECEIVE SUPPORT EACH YEAR

LESS THAN 10% OF MENTAL HEALTH PROVIDERS IN THE U.S. IDENTIFY AS BLACK, HISPANIC, OR ASIAN

MENTAL HEALTH IS SHAPED BY LIVED EXPERIENCE.

Racism, discrimination, and generational trauma can contribute to stress, anxiety, and depression in ways that are often overlooked or misunderstood.





When care is **accessible, inclusive,** and **respectful** of cultural differences, individuals are more likely to seek help and stay connected to support.

Sources:
Mental Health America
National Alliance on Mental Illness (NAMI)

Kind Words

WORD SEARCH

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P	A	Q	Y	L	K	I	N	D	N	E	S	S	Q	Z	Q
A	O	P	B	H	E	L	P	F	U	L	J	U	G	K	Q
T	E	C	D	F	Y	R	E	V	I	T	I	S	O	P	R
I	M	A	S	U	C	V	G	V	U	Y	G	V	N	D	G
E	P	R	W	U	O	X	R	E	S	P	E	C	T	Y	N
N	A	U	C	L	P	X	S	V	E	E	A	L	O	S	W
C	T	K	G	B	C	P	U	C	B	G	G	U	Y	M	F
E	H	Z	R	I	R	I	O	C	S	A	N	F	L	I	H
I	Y	N	A	G	M	N	R	R	O	R	I	T	D	L	U
M	N	K	T	E	A	S	E	M	T	U	R	H	N	E	T
V	D	R	E	N	A	P	N	U	X	O	A	G	E	T	F
C	Y	X	F	T	S	I	E	B	W	C	C	U	I	C	I
L	Q	D	U	L	J	R	G	Z	V	N	J	O	R	T	L
C	J	Y	L	E	O	E	M	M	V	E	A	H	F	P	P
F	N	O	I	S	S	A	P	M	O	C	R	T	H	E	U
X	M	Z	Z	R	J	U	W	A	R	M	T	H	E	J	V

Can you find the words hidden in the puzzle?

- ☐ KINDNESS
- ☐ COMPASSION
- ☐ CARING
- ☐ GENTLE
- ☐ SUPPORT
- ☐ ENCOURAGE
- ☐ UPLIFT
- ☐ RESPECT
- ☐ EMPATHY
- ☐ THOUGHTFUL
- ☐ HELPFUL
- ☐ POSITIVE
- ☐ FRIENDLY
- ☐ GRATEFUL
- ☐ GENEROUS
- ☐ WARMTH
- ☐ PATIENCE
- ☐ LOVE
- ☐ SMILE
- ☐ INSPIRE