



DIVERSITY & MENTAL HEALTH MESSAGING

NAMI TENNESSEE

MARCH 3, 2021



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NAMI and NAMI Tennessee are committed to broadening our advocacy and focus on mental health in marginalized communities.

It's important to discuss the prevalence of mental illness and lack of access to treatment when we advocate.

Statistics are critical in telling your story.

MENTAL HEALTH IN THE AFRICAN AMERICAN COMMUNITY

- African American females grades 9-12 are **70%** more likely to attempt suicide when compared to non-Hispanic white females of the same age
- Access to health insurance is statistically lower in the African-American community – the uninsured rate among this population is **9.7 percent**, compared to **5.4 percent** in the Caucasian population
 - In states that have not expanded Medicaid under the Affordable Care Act (ACA), African Americans and other people of color are most likely to fall within a coverage gap—meaning they earn too much to qualify for the traditional Medicaid program, yet not enough to be eligible for premium tax credits under marketplace plans.
- Non-Hispanic Black or African-American adults are less likely to receive mental health treatment than non-Hispanic White adults
 - The annual treatment rate among U.S. non-Hispanic black or African-American adults with any mental illness was **32.9** percent in 2019, compared to **50.3** percent of U.S. non-Hispanic white adults

MENTAL HEALTH AND THE LGBTQI COMMUNITY

- LGBTQI individuals are **2.5 times** more likely to experience depression, anxiety, and substance abuse when compared to their heterosexual counterparts
- The percentage of people who have considered attempting suicide are dramatically higher in the LGBTQI community when compared to heterosexuals – see table
- The rate of suicide is **4x greater** in lesbian, gay, and bisexual youth and **2x greater** in questioning youth than in heterosexual youth
- Approximately **31%** of older LGBTQI adults report experiencing depressive symptoms; **39%** report serious thoughts of attempting suicide
- LGBTQI individuals are **2x** more likely to have a mental health disorder in their lifetime than their heterosexual counterparts

Sexual Orientation	Considered Attempting Suicide
Heterosexual	2.3%
Gay or Lesbian	4.4%
Bisexual	7.4%
Transgender	30.8%



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We welcome collaboration with other groups

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