

African Americans

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues facing African Americans and invite you to learn more.

Did you Know?

African Americans are



to be diagnosed with schizophrenia.

**compared to non-Hispanic whites*

Only 1 in 3 African Americans who need mental health care receives it.



African American high school females were



to attempt suicide in 2017.

**compared to white female classmates*



Did You Know? Experiencing racism negatively impacts both physical and mental health

African Americans are



to experience serious mental health problems.

**compared to the general population*

African Americans are



to use inpatient mental health services

**compared to white Americans*



to use medication or outpatient services.

Take Action

Data from American Psychiatric Association and Anxiety.org

General Public:

Educate yourself on the history of the African American community. Learning more about the experiences, culture and traditions of African Americans can lead to better understanding and connection.

Here's a good place to start: <https://www.pbs.org/show/african-americans-many-rivers-cross/>

Get Involved with local organizations and community groups to promote social justice efforts impacting the African American community. By becoming involved, you can help bring awareness and show support.



Providers:

Check-in with clients to see if experiences of racial discrimination are impacting their day-to-day life.

Discuss their responses openly.

Bookmark the [DSM-5 Cultural Formulation Interview](#) to use when needed.

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