



MAXITIA PROJECT INC.

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Minority Mental Health Awareness

Minority mental health focuses on the unique emotional challenges and lower treatment rates faced by racial and ethnic groups. Key issues include cultural stigma, systemic racism, and a lack of access to culturally competent care.

In 2020, fewer than one in every two African American adults got care for mental health. In 2018, Asian Americans were 60 percent less likely to receive mental health treatment than non-Hispanic Whites. Obstacles for many include a lack of health insurance, less access to treatment, and stigma.

Mental illness can affect women of all races and ethnicities. Show your support this month and beyond by learning more about mental health. You can also use and share the resources below to help spread awareness about mental health in your communities and families.

What Is Mental Health?

Mental health includes emotional, mental, and social well-being. Mental health impacts how a person thinks and feels. It also affects how you act, manage stress, and make choices. When you take care of your mental health, you are better able to cope with stress or challenges.

Sometimes it can be hard to manage your mental health. If you have noticed a change in thoughts, behaviors, or moods that disrupt your life, talk to

your health care provider. You can also contact a mental health specialist or a trusted loved one for help if you have noticed these changes in yourself or in a loved one.

Barriers to Care

- **Cultural stigma:** Family privacy norms discourage public or professional help.
- **Systemic inequities:** Lack of insurance, high costs, and fewer local providers.
- **Language and bias:** Communication hurdles and provider cultural insensitivity.

Support and Action

- **Culturally affirming therapy:** Finding professionals who share or understand specific backgrounds.
- **Community groups:** Peer-led and local programs reducing isolation.
- **Public awareness:** National campaigns highlighting resource equity every July.

Managing Your Mental Health

Many parts of daily life can impact on your mood and mental health. They can include stress, your physical health, or the regular demands of life. But you can improve your quality of life when you take charge of your mental health.

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Here are a few ways to manage your mental health overall:

- Get enough sleep each night (at least 7 hours)
- Engage in healthy habits, like exercising and eating well
- Stick to a treatment plan given by your health care provider
- Find a support group and seek out your health care provider for support

Public Health Organizations Can Prioritize Minority Mental Health

Public health organizations have a role to play in improving mental health for people from minority groups. They can ensure mental health programming and policies incorporate and address:

- Best practices for social determinants of health, data on mental health, and the historical, social, and cultural factors impacting minority groups.
- Perspectives, ideas, and decision-making from minority groups at all stages of programming – from planning to evaluation.
- Evaluation and monitoring activities to assess progress towards health equity and elimination of racial disparities.

- Culturally and linguistically appropriate, inclusive, and respectful educational materials and communication activities.

- Partnership activities to fill gaps in expertise and ensure diverse representation.

Healthcare Systems Can Prioritize Minority Mental Health

Healthcare systems have a role to play in improving mental health for people from minority groups. They can:

- Screen patients for depression and other mental health conditions and refer patients to accessible mental health care services.
- Make mental health educational materials available to all patients during their appointments, via patient portals, and in waiting rooms.
- Ensure mental healthcare services are culturally and linguistically appropriate.

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