

Mental Health Crisis Among Hispanic Youth

According to Mental Health America, by 2060, the number of Hispanic people in the United States is projected to grow to 119 million, or 28.6% of the population. Yet, research shows that over 16% of this growing and thriving population reported having a mental illness in the past year. The National Survey on Drug Use and Health conducted by Substance Abuse and Mental Health Services Administration (SAMHSA), cited that mental health issues are on the rise for Hispanic people between the ages of 12-49. The pandemic remains a significant crisis that continues to cause further disruptions in children's mental health. The prevailing structural inequalities further compound this. The following fact sheet highlights key findings concerning the youth mental health crisis, focusing on Hispanic youth.

Latino Child Mental Health & Child Development

- Among Hispanic youth, approximately **60% were more likely** to report feelings of poor or reduced mental health compared to their other counterparts. (*Salud America!, July 2021*)



- According to the CDC, about 4,330 Hispanic people of all ages died by suicide in 2019. Among those, **2.32% were under the age of 19.** (*CDC, 2019*)

- **12% of Hispanic youth** are at greater risk for problematic substance use. (*Common Sense, March 2021*)

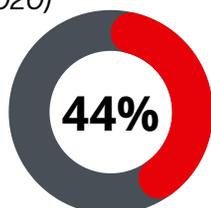


- An estimate **90% of Hispanic individuals** over the age of 12 with a substance use disorder did not receive treatment. (*SAMHSA, 2018 National Survey on Drug Use and Health*)

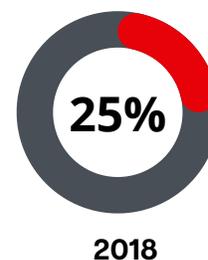
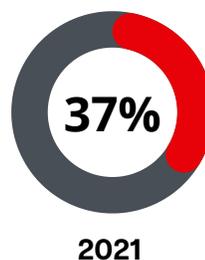


- Hispanic adolescents used anti-depressants at half the rate of their white counterparts. (*American Psychiatric Association, 2017*)

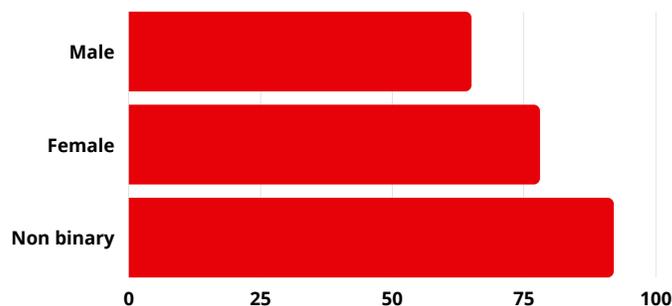
- The Trevor Project estimates that young LGBTQ Latinos are **30% more likely** to report a suicide attempt than non-LGBTQ Latino children and teens. (*The Trevor Project, September 2020*)



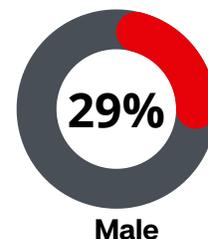
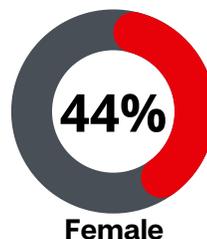
- **37% of Hispanic youth** reported symptoms of moderate to severe depression, up from **25% in the year 2018**, nearly an overall **50 percent increase** (*Common Sense, March 2021*)



- More than three-quarters of female youth (**78%**) and **nearly all non-binary youth (92%)** reported experiencing at least one sign of poor or decreased mental health in the past 30 days, compared to **65% of male youth.** (*GradNation, June 2021*)



- **44% of female Latino youth** reported symptoms of moderate to severe depression, compared with **29% of their male counterparts.** (*Common Sense, March 2021*)



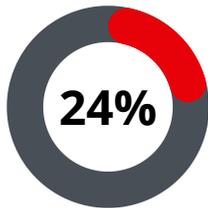
Impacts of the COVID-19 Pandemic

- Latinos accounted for **17% of the COVID cases** during the pandemic. (*Kaiser Family Foundation, 2020; CDC, 2020; U.S. Census Bureau*)



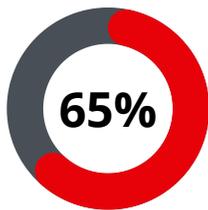
- 19% of Hispanic youth** had a coronavirus infection themselves or in the family, twice as high as White youth, at 9%. (*Common Sense, March 2021*)

- 24% of Hispanic youth** have had to shoulder a disproportionate burden of family responsibilities since the beginning of the pandemic, compared to 14% of White youth. (*Common Sense, March 2021*)



- As of July, nearly **140,000 children** in the U.S. lost a primary caregiver to COVID-19, with Black youth experiencing the highest rates of loss. (*CDC, 2021*)

- Children of racial and ethnic minorities account for **65% (91,256 children)** of those who lost a primary caregiver. (*National Institutes of Health, October 2021*)



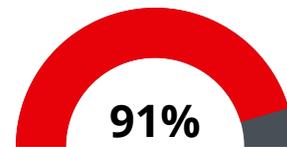
- In southern states along the U.S.-Mexico border such as New Mexico, Texas, and California, between **49% and 67% of children** who lost a primary caregiver were of Hispanic ethnicity. (*National Institutes of Health, October 2021*)

- 1 of every 412 Hispanic children** compared with 1 of every 753 White children experienced orphanhood or death of both primary and secondary caregivers. (*National Institutes of Health, October 2021*)



Stretched Care Capacity

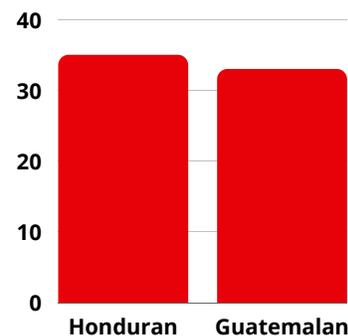
- In a study conducted by the National Institutes of Health, Hispanic youth experienced a **significantly larger increase** of pediatric emergency department (ED) visits compared with Non-Hispanic-White children. (*National Library of Medicine, January 2022*)
- There was a **91% increase** in the use of psychiatric EDs among Hispanic youth over the past 5 years. (*Community Mental Health Journal, January 2022*)



Structural Inequalities

Accessibility to Mental Health Services

- 18% of Hispanic people** in the U.S. do not have health insurance. Furthermore, those of **Honduran (35%) and Guatemalan (33%)** origin have the highest rates of being uninsured in America. (*Pew Research Center of the 2017 American Community Survey, September 2019*)



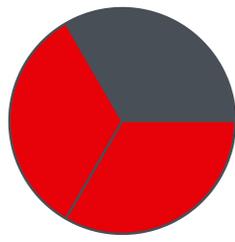
- Hispanic people are more likely to seek help for a mental health disorder from a **primary care provider (10%) than a mental health specialist (5%)**. (*American Psychiatric Association, 2017*)

- Latino children are also less likely to **use mental health care services (8%)** compared to white children (14%). (*Salud America! September 2017*)

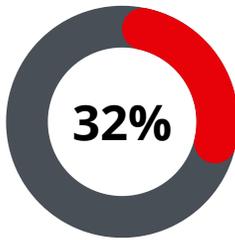
Racism and Bullying

- 67% of Hispanic youth** reported they either "often" (27%) or "sometimes" (40%) encounter racist content online. (*Common Sense, March 2021*)

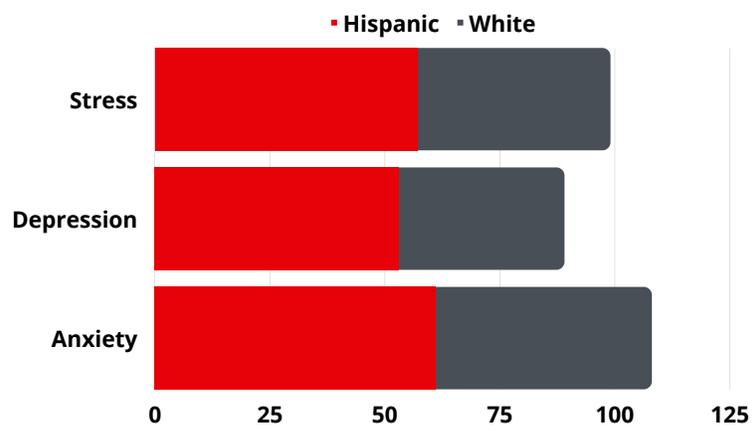
Nearly 2/3 of Hispanic youth report encountering racist content online.



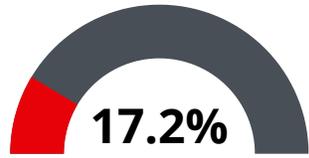
- 32% of female Hispanic youth** are more likely than their male peers to say they see racist content, compared to 19% of male youth. (*Common Sense, March 2021*)



- Latino parents listed bullying as their leading children's health issue in comparison with white parent. They reported more concern about **children's stress (57% to 42%), depression (53% to 36%), and drug abuse (61% to 47%)**. (*University of Michigan Health System, August 2017*)

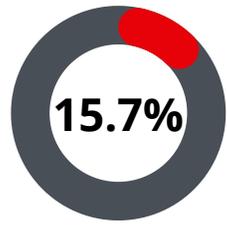


- According to the National Center for Educational Statistics, **17.2% of Hispanic students** reported being bullied in school. (*Salud America! September 2017*)



Poverty and Insecurity

- Today, **15.7% of the population lives in poverty**, making Hispanic youth at greater and more disproportionate risk of mental health illnesses. (*NAMI*)



- Youth who reported experiencing at least one instance of food insecurity in the past year were **85% more likely** to report signs of poor or reduced mental health. (*GradNation, June 2021*)

Perception, Culture, and Attitudes

- There is a perception in these communities that discussing problems with mental health can create embarrassment and shame for the family. As a result, fewer people are inclined to seek treatment. (*Hispanic Healthcare International, 2019*)

Immigration and Acculturation

- The Migration Policy Institute found that Latino high school students who fear immigration enforcement tend to have more challenging mental health outcomes. (*Migration Policy Institute, September 2020*)

- A study conducted in 2012 found that the more a young Latino person identifies with their ethnic culture, the fewer symptoms of withdrawal and depression they develop. (*National Library of Medicine, October 2012*)

- As language is an acculturation marker, English language ability is associated with many more depression symptoms in younger Latinos. This can also create second language anxiety, which can impact every aspect of a young person's life.