

# 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