

# LIFT EVERY VOICE

## A Call to Action for the Mental Health of the Black Family

### Mental Illness is Real.

In the past year, Black Americans experienced a mental illness at an alarming rate:



**1 IN 6 ADULTS**



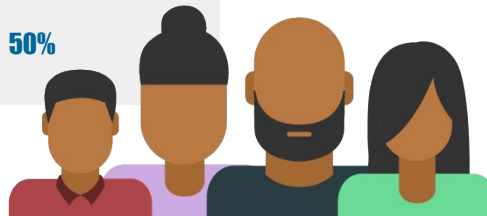
**1 IN 4 YOUNG ADULTS**

(18 to 24 year olds)

Adults who need mental care and receive it:



Youth with major depression who receive treatment:



### BLACK AMERICANS ARE

More likely to:

- Be misdiagnosed
- Drop out of treatment early
- Receive inpatient, involuntary care
- Start treatment later, at the crisis stage, from emergency rooms

Less likely to:

- Receive high quality care
- Receive outpatient care



**COVID-19:** The Black community experienced a higher death rate and greater economic and educational impacts.

### Racism is Real.

It negatively affects mental health.

**5%**

Rise in anxiety or depression the week after the video of George Floyd's death  
**(1.4 M Black people)**



After police shootings, higher levels of psychological distress in Black vs. white people

**Treatment Works.**

*Culture Counts.*

*Recovery is Possible.*



**TAKE A PREVENTIVE APPROACH**  
with self-care and family mental health supports



**SEEK HELP EARLY**  
for the best outcome



**USE THE FULL RANGE OF SERVICES**  
from support groups to psychiatric treatment options



**SPREAD THE WORD!**  
to prioritize the mental health of Black families