

Depression



behavioral health

Mental disorders are common in the United States and around the world. About one in four adults -- almost 58 million people -- suffer from a diagnosable mental disorder in any given year. Mental disorders are the leading cause of disability in the U.S. and Canada for people from 15 to 44 years old.

Latinos are at high risk for depression, anxiety and substance abuse.

Latina women are more likely than men to report depression.

Of Latinos with depression:

46.0 % are women
19.6 % are men

Of all women reporting depression:

11% are Latina
6 % are black
5 % are white

Almost one-third of Latina high school students surveyed in 1997 said they had seriously considered suicide.

Compared with other girls, twice as many Latina teenagers attempt suicide:

21% Latina
11% black
10% white

Less than one percent of the licensed psychologists in the United States report that they speak Spanish and there are only an estimated 20 Latino mental health providers for every 100,000 Latinos in the U.S.

Source: National Institutes of Mental Health; National Alliance on Mental Illness; Latino Policy Institute; Latino Mental Health Summit, 2005

An initiative of the Hispanic Health Council