

2022 July Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month

One in five Americans has been diagnosed with a mental health (MH) or substance use condition.¹ While BIPOC experience relatively similar rates of MH conditions as White people,¹ they face unique stressors that increase vulnerability. Racism and discrimination are consistently found to be associated with poorer MH.² BIPOC are less likely to receive treatment for MH or substance use conditions.¹ In 2020, 5.7% of Asian Americans, 9.4% of Black people or African Americans, and 10.7% of Hispanic or Latinx people received MH services, compared to 21% of White people.¹

During July and throughout the year, Magellan Healthcare is committed to increasing awareness about BIPOC MH, wellbeing, and the importance of recognizing and addressing concerns. We encourage you to learn more through the resources on this page, and share with family, friends and colleagues.

Magellan Healthcare webinar

"Navigating mental healthcare: Unique challenges faced by the BIPOC community,"
Wednesday, July 20, 2:00-3:00 p.m. ET

- **Magellan Healthcare presenters:**
 - Samuel Williams, MD, MBA, FAPA, psychiatrist, medical director
 - Karen Zelaya-Kendall, PhD, senior care manager psychologist
 - Edna Richardson, MSW, LCSW, LFD, senior care manager
 - Deborah Price, CFPS, family support coordinator
- Visit [here](#) for more information and free registration.

Additional information and resources

- Visit MagellanHealthcare.com/BIPOC-MH for event updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and [Facebook](#) for more information and tools.
- Check out our Magellan Health Insights [blog](#) for posts in July and beyond.

¹ [2020 SAMHSA National Survey of Drug Use and Health \(NSDUH\) Adult Mental Health Tables](#)

² ["Racism as a Determinant of Health: A Systematic Review and Meta-Analysis", "Self-Reported Experiences of Discrimination and Health: Scientific Advances, Ongoing Controversies, and Emerging Issues", "Discrimination and Subsequent Mental Health, Substance Use, and Well-being in Young Adults"](#)