

# 2023 July Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month

More than one in five American adults has a mental health (MH) condition.<sup>1</sup> While BIPOC experience relatively similar rates of MH conditions as White people,<sup>1</sup> they are at risk of experiencing unique trauma due to mental and emotional injury from a variety of causes.<sup>2</sup> Racism and discrimination are consistently found to be associated with poorer MH.<sup>3</sup> BIPOC are less likely to receive treatment for MH or substance use conditions.<sup>1</sup> In 2021, 8.3% of Asian Americans, 12.9% of Hispanic or Latinx people, and 13.5% of Black people or African Americans received MH services, compared to 22% of White people.<sup>1</sup>

**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

**"BIPOC mental health and relationships," Wednesday, July 26, 2:00–3:00 p.m. ET**

- **Magellan presenters:**
  - Rakel Beall-Wilkins, MD, MPH, psychiatrist, medical director
  - Candice Tate, MD, MBA, psychiatrist, medical director
- Visit [here](#) for more information and free registration.

## Additional information and resources

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

---

<sup>1</sup> [2021 SAMHSA National Survey of Drug Use and Health Adult Mental Health Tables](#)

<sup>2</sup> [Mental Health America, Racial Trauma](#)

<sup>3</sup> ["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"](#)