

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.¹ While BIPOC experience relatively similar rates of MH conditions as White people,¹ they are at risk of experiencing unique trauma due to mental and emotional injury from a variety of causes.² Racism and discrimination are consistently found to be associated with poorer MH.³ BIPOC are less likely to receive treatment for MH or substance use conditions.¹ 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.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

"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 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.

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

² [Mental Health America, Racial Trauma](#)

³ ["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"](#)