



Mental Health Among the Hispanic/Latinx Community

18.3% of the United States population is estimated to be Latinx or Hispanic.¹



Of those, over 16% reported having a mental health condition in the past year.¹



Over 10 million Hispanic/Latinx individuals are living with a mental health condition.¹

In 2060

The number of Hispanic/Latinx people in the United States is projected to grow to 119 million or 28.6% of the population.¹

Prevalence of Mental Health Conditions in the Hispanic/Latinx Community



In the Hispanic/Latinx population, serious mental illness rose from 4% to 6.4% in Latinx/Hispanic 18-25 age range and from 2.2% to 3.9% in the 26-49 age range between 2008 and 2018.¹



In 2020, 25.7% (10.8M) Hispanic adults had a mental health condition and/or substance use disorder.²



Only 35% of Hispanic/Latinx adults with mental health conditions receive treatment each year compared to the United States average of 46.2%.³

PsychU Hispanic/Latinx Mental Health Resources

- [First Episode Psychosis: Focus on United States Hispanic Population \(Webinar\)](#)
- [Stigma in Mental Health: Cultural Considerations in The Hispanic Community \(Interview\)](#)
- [The Health Disparities Challenge That Lies Ahead \(Article\)](#)
- [Recurso Para Cuidadores: Comprender Que Es El Trastorno depresivo mayor \(Download Resource\)](#)
- [Disclosing to Others \(Fact Sheet\)](#)