

UPLIFTING VOICES

MENTAL HEALTH IN MARGINALIZED COMMUNITIES

In a broad sense, minority mental health seeks to uplift the mental health experiences of marginalized communities: those who face systemic barriers to care due to race, ethnicity, gender identity, sexuality, disability, income, immigration status, or other social factors.

Raising awareness helps us advocate for more inclusive, compassionate, and culturally responsive mental health systems that are unique and tailored to said individuals.

MARGINALIZED GROUPS: WHO IS INCLUDED?



Racial & Ethnic Minorities



Immigrants & Refugees



LGBTQIA+ Communities



Religious Minorities



People with Disabilities



Low-Income & Unhoused

UNVEILING DIVERSE STRUGGLES

BIPOC:

Systemic racism in care, shaped by cultural stigma, misdiagnosis, and inequitable access.

LGBTQ+:

Discrimination and barriers to affirming and accessible care.

People with Disabilities:

Physical and communication barriers, along with insufficient insurance coverage.

Religious Minorities:

Culturally irrelevant or insensitive care.

BARRIERS TO ACCESS:



Cost & Insurance Gaps



Language & Cultural Barriers



Stigma & Mistrust in Systems



Lack of Diverse Mental Health Providers



Rural or Remote Access Issues

HOW TO SUPPORT:



Advocate for culturally competent/sensitive mental health providers



Share inclusive mental health resources & tools



Support organizations serving marginalized communities



Uplift mental health dialogue among marginalized members