Before the COVID-19 pandemic, the mental health of students was already in decline.

1 in 3 high school students reported feeling sad or hopeless. An increase of 40% since 2009.¹

17.2% of Hispanic high school students seriously considered suicide.²

The second leading cause of death³ for Hispanics ages 15 to 34
The third leading cause of death³ for Hispanics ages 10 to 14

²Centers for Disease Control (CDC). Youth Risk Behavior Survey: United States 2019 Results.
Hispanic high schoolers were the most likely of any racial/ethnic group to report **poor or declining mental health in the past 30 days**.

Hispanic youth were **60%** more likely to report feelings of poor or reduced mental health than non-Hispanic White youth.

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5 Fianagan, SK; Margolius, M; Pileggi, M; Glaser, L.; Burkander, K; Kincheloe, M; Freeman, J. (2021). Where Do We Go Next? Youth Insights on the High School Experience During a Year of Historic Upheaval. American’s Promise Alliance and Research for Action.
Hispanics are far less likely to receive treatment for mental illness.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Group Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>91.7%</td>
<td>Hispanics 12 years and older with a substance use disorder did not receive treatment.</td>
</tr>
<tr>
<td>63.2%</td>
<td>Hispanic adolescents with a major depressive episode in the past year did not receive treatment.</td>
</tr>
<tr>
<td>49.7%</td>
<td>non-Hispanic White adolescents with a major depressive episode in the past year did not receive treatment.</td>
</tr>
<tr>
<td>66.1%</td>
<td>Two-thirds of Hispanics 18 years and older with any mental illness did not receive treatment.</td>
</tr>
</tbody>
</table>

### Barriers to Accessing Mental Health Care

**Lack of Insurance**
Hispanics (20%) are nearly three times as likely as non-Hispanic Whites (7%) to be uninsured. Lack of insurance prevents people from accessing mental health care.7

**Stigma**
Many Hispanics do not talk about mental health issues and have less knowledge about the signs and symptoms of mental health conditions or where to find help.

**Lack of Bilingual and Bicultural Health Professionals**
Only 5.5% of psychologists, who may be Hispanic or another race or ethnicity, said they can provide services in Spanish, making them rare.8

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Prevalence of adverse mental health outcomes and suicidal ideation (Persons over 18 years old)

June 24–30, 2020

### Anxiety Disorder
- Hispanic: 35.5%
- Asian (non-Hispanic): 14.1%
- Black (non-Hispanic): 23.4%
- Other or Multiple: 27.8%
- White: 24%

### Depressive Disorder
- Hispanic: 31.3%
- Asian (non-Hispanic): 14.2%
- Black (non-Hispanic): 24.6%
- Other or Multiple: 29.3%
- White: 22.9%

### Seriously considered suicide in past 30 days
- Hispanic: 18.6%
- Asian (non-Hispanic): 6.6%
- Black (non-Hispanic): 15.1%
- Other or Multiple: 9.8%
- White: 7.9%