

KFF Survey Reveals Notable Disparities in Mental Health Care Along Racial/Ethnic Divides

Health Equity

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Kaiser Family Foundation's (KFF's) most recent [Survey on Racism, Discrimination, and Health](#), shows that, although mental illness reported by Hispanic, Black, and Asian adults is comparatively less than among White adults, the figures may be misleading due to such factors as lack of culturally sensitive screening tools used in diagnosing mental illness. The survey's data includes responses indicating that people of color encounter difficulties locating health care providers with shared backgrounds and experiences, lack access to mental health information, and experience stigma and embarrassment obstacles to seeking mental health care in the first place. [According to KFF](#), this data suggests that enhancing knowledge of culturally competent care among mental health care providers and diversifying the mental health care workforce are desperately needed. In addition, targeted outreach and education efforts among specific communities could increase awareness of mental health resources and help eradicate the stigma associated with seeking mental health care.