



RELATIONSHIP BETWEEN LATINX CULTURE AND MENTAL HEALTH STIGMA IN LOW-INCOME COMMUNITIES

LATINX CULTURE

Latinos are only half as likely to seek treatment, largely due to stigma influenced by cultural and religious views. Religion plays a huge role in Latinx culture. Mental illnesses in religion are often attributed to spiritual dilemmas or “moral failing”. Most religious individuals believe that suicide was the lack of faith one had because if one had faith, one would never consider suicide (Caplan et al., 2019). The subject of mental health is taboo in this community and never discussed.

MENTAL HEALTH STIGMA

In the U.S. fewer than 9% of American Latinxs seek help and undocumented Latinxs are far less likely to receive mental health treatment (Nadeem et al., 2007)

Latinx culture treats mental health as a label. Many Latinxs do not want to be labeled with a mental health illness, therefore they neglect to get help.

LIVING IN LOW INCOME COMMUNITIES

According to a report from the American Psychological Association BIPOC and low-income populations experience more stress during their lifetime compared to wealthy, white people. Low-income communities are in a constant cycle of stress because of rent, food, income, etc. Living with these problems does not allow them to prioritize their mental health, especially when culture could also be a setback. People with lower socioeconomic status are at 8 times greater risk of developing schizophrenia than those of the highest socioeconomic status (Rathod et al., 2007)

EDUCATING OTHERS

It is important to educate people about mental health in school. This would allow people to learn about something that is not talked about so much at home. Low-income communities are constantly faced with financial and mental health challenges. Unfortunately, a place with a lack of resources ultimately affects your health. Many Latinx communities reside in a low-income community making it more difficult for them to reach out for mental help, especially with the set perspectives a family might have.

Brondolo, E. (2018). Higher Stress Among Minority and Low-Income Populations Can Lead to Health Disparities, Says Report. American Psychological Association. www.apa.org/news/press/releases/2018/01/stress-minority-income.

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Nadeem, Ph.D. E, Lange, M.S. J. M., Edge Ph.D. D., Foingwa, Ph.D. M., Belin, Ph.D. T. & Miranda, Ph.D. J. (2007). Does Stigma Keep Poor Young Immigrants and U.S.-Born Black and Latina Women From Seeking Mental Health Care?. *Psychiatric Services*. p. 1547-1554. <https://ps.psychiatryonline.org/doi/full/10.1176/ps.2007.58.12.1547>

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