TuSalud

Mental Health Is Not Taboo

Too few Latinos seek help.

October 1, 2011 By Cristina Gonzalez

Mental health issues are very real and very serious, affecting more than 40 million adults and 13 million children every year in the United States.

Latinos are a high-risk group for depression, anxiety and substance abuse and are more likely to experience a major depressive episode. However, fewer than one in 11 Latinos contact mental health care specialists for help, and fewer than one in five contact their general practitioners. And when they do reach out, they may find that doctors don't speak their language or understand their culture.

Mental health issues should not be taboo—they are medical matters just like any others. Understanding this will put you on the road to feeling better. Go to sanemag.com to learn more.

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