



Mental Health Among the Hispanic/Latino Community



- As of July 1, 2018, 50.8% of the Dalton, Georgia's population was Hispanic or Latino (United States Census Bureau, 2018).
- Knowing what challenges this population faces can be extremely beneficial when serving this community.
- For those who immigrated to the U.S. many challenges, such as poverty, family separation, adjusting to a new culture, and discrimination, have been associated with anxiety, depression, and Post Traumatic Stress Disorder (Ramirez, Gallion, Aguilar, & Dembeck, 2017).
- Immigrants who came without legal approval also face mental health issues. In one of Garcini's earlier articles, he pointed out that the obstacles undocumented immigrants face make them more susceptible to mental health disorders (as cited in Garcini et al., 2017).
- Mental health, especially among this population, needs to be taken seriously. Suicide and suicidal thoughts are more prevalent among Latino adolescents, with the rates doubling among Latina adolescents (U.S. Department of Health and Human Services, 2016).



Poverty

- Immigrants are paid unreasonably low wages.
 - Not enough to provide for basic needs.
 - Increases their probability of living in poverty (Kamal & Killian, 2015).
- Hispanic immigrants usually live in areas dominated by poverty and violence (NeMoyer, Rodriguez, & Alvarez, 2019).
- Communities that house vast majority immigrants are usually low-income which poses a greater risk for experiencing traumatic events (Garcini et al., 2017).

Trauma

- Out 248 undocumented immigrants:
 - 1/3 had endured at least six or more types of traumatic events.
 - 82.7% reported a history of trauma.
 - 47.0% met the criteria for clinically significant psychological distress (Garcini et al., 2017).
- Out of 246 undocumented immigrants:
 - 52% met criteria for clinically significant psychological distress (Garcini et al., 2018).

Anxiety and Depression

- **Women** are more prone to suffer from depression and anxiety (NeMoyer, 2019).
- Unaccompanied **minors** are also at high risk.
- The National Longitudinal Study of Adolescent to Adult Health described levels of **depressive symptoms** among 755 Mexicans, 182 Cubans, 219 Puerto Ricans, and 289 other Latinos. (Estrada-Martínez, 2019).

References:

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