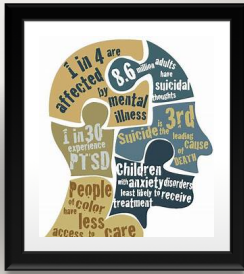


# HISPANIC LATINOS IN TEXAS & MENTAL HEALTH

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## DALLAS COUNTY

- Dallas County includes the following cities:

Addison, Balch Springs, Carrollton, Cedar Hill, Cockrell Hill, Combine, Coppell, Dallas, DeSoto, Duncanville, Farmers Branch, Ferris, Garland, Glenn Heights, Grand Prairie, Grapevine, Highland Park, Hutchins and Irving.




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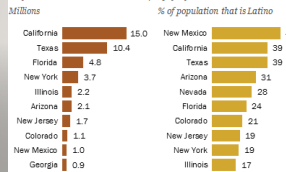
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## Top Latino states in 2014, by population and share



Note: Charts show the top 10 states for the number of Latinos and the share of the population that is Latino.  
 Source: Pew Research Center's analysis of the 2014 American Community Survey (ACS) and U.S. Latino Population Growth and Dispersion Has Slowed Since Onset of the Great Recession.  
 PEW RESEARCH CENTER

## TEXAS

- Texas was ranked as the 3rd state with the highest Latino population, California is ranked as the 1st and New Mexico as the 2nd (Stepler & Lopez, 2016).

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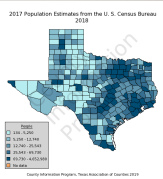
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### US CENSUS BUREAU

- The estimated population in 2017 for Dallas County , Texas was 2,618,148.
- As of 2017, 40.2% of the population Dallas County, Texas is Hispanic or Latino.
- By 2060, the Hispanic population is projected to grow to 119 million, accounting 29% of the United States Population.




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### THE TEXAS TRIBUNE

- Growth among the Hispanic population in Texas is growing and easily outpacing the growth among White Texans.
- From 2010 to 2017, the Hispanic population in Texas grew by 18%, from 9,460,921 to 11,156,514.
  - Tarrant County has the most rapid growth of Hispanic residents, growing by 23% since 2010 (Ura & Ahmed, 2018).

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### TEXAS MENTAL HEALTH NUMBERS

- According to The Mental Health America of Greater Dallas:
- 6,474,144 Texans (including adults and children) have a mental illness and would benefit from treatment.
  - 1,919,350 Texans have a serious and persistent mental illness which can include, schizophrenia, bipolar disorder or major depression.
  - 2,537,864 Texans who have a mental illnesses also have incomes below 200% of the Federal Poverty Level




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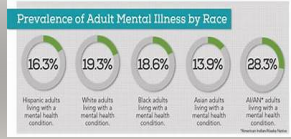
### The National Alliance on Mental Illness: Common Mental Health Disorders Among Latinos

Common mental health disorders among Latinos include: Generalized Anxiety Disorder, Major Depressive Disorder, Post Traumatic Stress Disorder, & Alcohol Use Disorder.

There is also a disproportionate number of suicide attempts by Latina high school girls.

Disparities in treatment for mental health issues puts the Latino community at higher risk for more severe mental health issues. Latinos are less likely to seek mental health treatment or even speak of their concerns.

According to the National Alliance on Mental Illness, Latinos account for 1/3 of the uninsured.




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### The National Alliance on Mental Illness: Common Mental Health Disorders Among Latinos continued...



- Reasons for not seeking treatment include inability to recognize signs and symptoms of mental health conditions or lack of knowledge of who to go to for help. The stigma associated with mental health includes lack of information, fear of being labeled as "crazy" or as having a mental health condition as well as concerns for their privacy. Language barriers can also pose a conflict when Latinos seek professional help.
- Some professionals can misdiagnose the Hispanic/Latino population due to cultural differences. The Hispanic and Latino community can also refuse to seek professional help due to fear of their legal status affecting their ability to receive treatment. Some individuals turn to natural medicine or home remedies to deal with mental health issue rather than seeking professional help.

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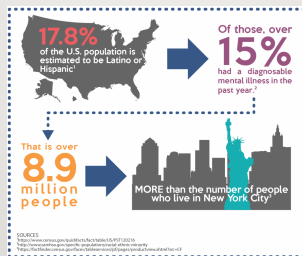
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