Latino Youth Stress & Mental Health

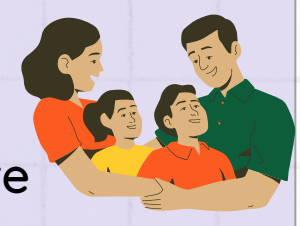
Latino youth are more likely than their peers to have mental health issues and unique stressors which often go unaddressed which can lead to substance use, anxiety, depression and other negative health outcomes.

Quick Facts

- Studies have shown that Hispanic youth are especially vulnerable to psychological stresses associated with immigration and acculturation (APA).
- 22% of Latino youth have depressive symptoms (SaludAmerica).
- Latino children are also less likely to use mental health care services (8%) compared to white children (14%) (SaludAmerica).

Family Stressors

Many Latino youth face several stressors related to family life that can impact their mental health.



Family stressors may include:

- Balancing two cultures or adapting to U.S. culture
- Parent-child differences in culture and language
- Defined family roles (such as traditional gender roles with males having more freedom and fewer family obligations) (APA).

Community/School Stressors

Community or school stressors, including discrimination, poverty, bullying and violence, are associated with symptoms of depression, anxiety and post-traumatic stress disorder in Latino youth (APA).

Barriers to Access Care

Latino youth face many disparities that can create large barriers to receiving adequate care including:

- Cultural stigma associated with mental illness
- Language Barriers
- Lack of culturally tailored services and culturally competent mental health professionals
- Shortage of bilingual or linguistically trained mental health professionals.

LOWCOUNTRY ALLIANCE FOR HEALTHY YOUTH

Uniting the Community to Promote Positive Choices

VISIT OUR WEBSITE FOR MORE RESOURCES:

Teens for Healthy Youth

"Promoting Positive Teen Health"

Mental Health Resources for Latino/Hispanic Communities

Protective Factors

Strong, positive parent-youth relationships and engagement in school and community programs can help increase the likelihood of accessing needed treatment (APA).

Resources

Therapy for Latinx: Provides resources for Latino community to heal, thrive, and become advocates for their own mental health.

Young Latinos in need of more help can reach call or text the 988 Suicide & Crisis Lifeline at 988, help is available in both English and Spanish.

LaSaludMental: Culturally competent and evidence-based Spanish-language information on mental health.

PASOs: Connects Latino families to health, early childhood development and other resources in South Carolina.

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