

# Child & Adolescent Minority Mental Health

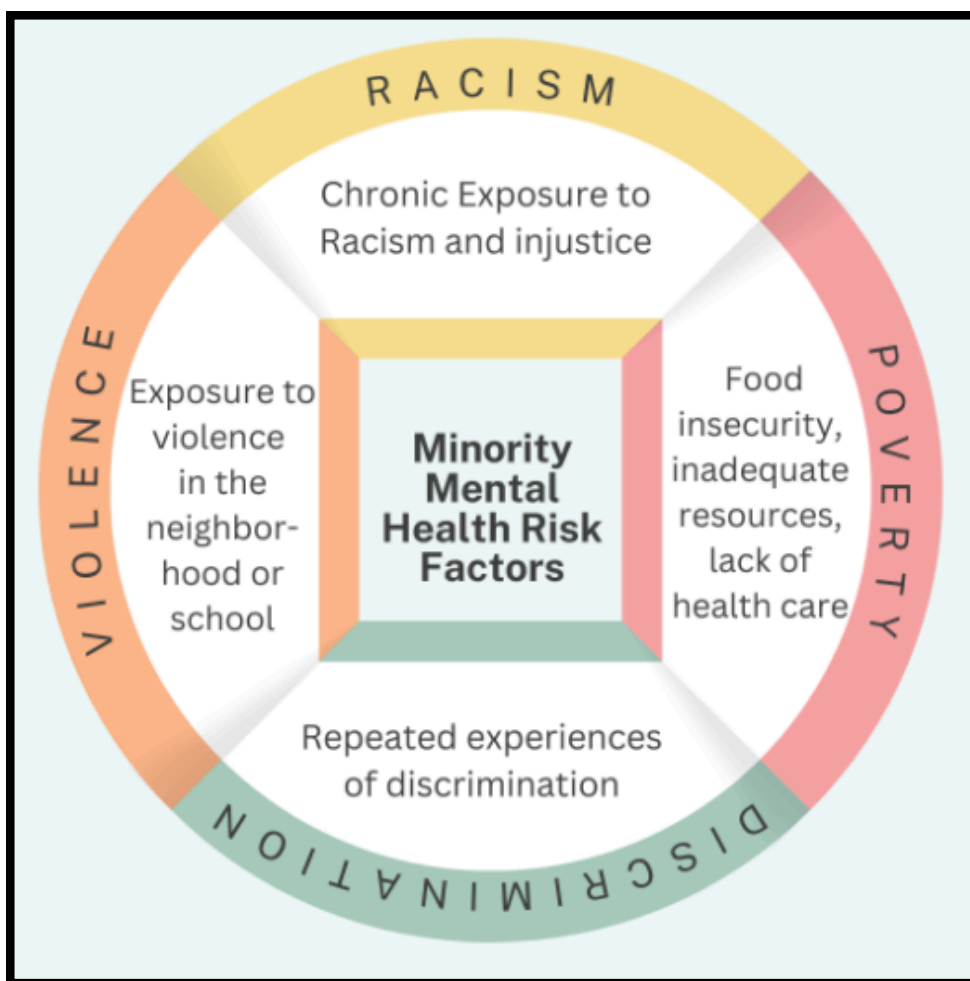
There are many factors that can impact mental health and well-being later in life start during childhood and adolescence. Certain social and economic circumstances can leave minority children and adolescents at increased risk for many preventable mental health problems.



## Risk Factors

There are many barriers and risk factors that can impact racial/ethnic minorities including:

- Racism
- Poverty
- Discrimination
- Violence



## Protective Factors



There are also protective factors in minority communities that can support and help with adversity such as:

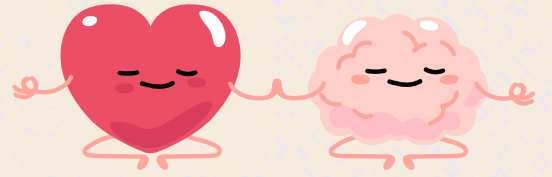
- **Supportive families**- Having a good relationship with a parent includes open communication so youth can open up about mental health struggles
- **Strong communities**- strong cultural/ethnic connectedness can aid in support
- **Spirituality**- tied to family relationships, social support and better lifestyle choices
- **Religion**- religious practice, affiliation, and belief have been shown to be beneficial for mental health



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# How do we support our Youth?



**Talk Openly-** Adolescents who have an adult to confide in are less likely to take part in high risk behaviors like substance use which can also increase mental health issues.

**Empower Youth-** This includes building strong relationships with peers and supportive adults, practicing techniques to manage emotions, taking care of body and mind, being attentive to use of social media and technology, and seeking help when needed.

## Local Resources

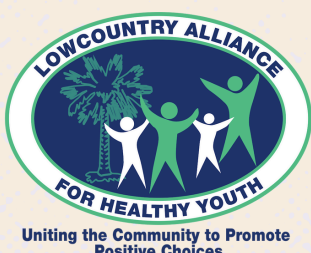
**Wright Directions**  
Counseling and mental health services (Services offered in Spanish)



**PASOs**  
Connects Latino Families to health, early childhood development and other resources in SC.



**Lowcountry Alliance for Healthy Youth (LCAHY)**  
provides various resources on child & adolescent mental health and wellness.



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