

There are many challenges when it comes to those in minoritized and marginalized groups accessing mental health treatment. It is important to recognize and understand these potential barriers.

They may include:

- Lack of understanding about mental health vs physical health
- Lack of adequate health insurance, vulnerability to being uninsured
- Lack of financial means to pay for mental health services/support
- Fear of provider discrimination
- Racism and fear of discrimination
- Mistrust of the health care system or “outsiders” involvement with family members
- Limited awareness and understanding of mental health issues and suicidality
- Language and communication barriers
- Stigma within their culture regarding mental health
- Some cultures are not open to accept “interventions” or “diagnosis” from outsiders
- Some immigrant and refugee families see mental health discussions as a taboo, which prevents them from discussing or accepting mental health diagnosis and support/intervention because they feel it will bring shame to their families (this is true with many Asian and Hispanic families)
- Fear and mistrust of treatment

