

Mental Health & Culture Coexisting



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MENTAL HEALTH
&
CULTURE





MENTAL HEALTH

There are many mental disorders which affects how one can think, feel, and act. Everyone has their own ways of dealing and understanding their own mental health. There are many different people with different opinions on how they seek, treat and accept mental health. Mental health includes our emotional, psychological, and social well-being. When a person who struggles with their mental stability, it can determine how they handle stressful situations and overall how they make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

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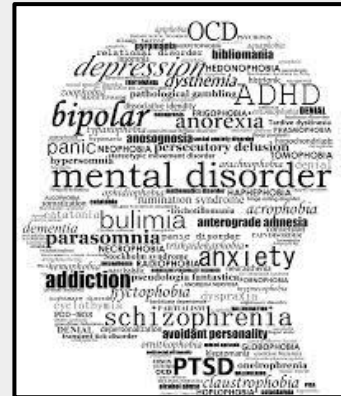
Why?

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Over the course of many lives, one may experience moments where they have been stressed, deeply sad, very angry or any emotional problem. Not all feelings can correlate to a diagnosis of depression or an clinical mental illness. Many people falsely diagnose themselves or get influence by many **factors**. Your thinking, mood, and behavior could all be affected during an emotional state.

Many people are diagnosed Anxiety Disorder, Bipolar Compulsive Disorder as well

People often time do not have because of many **factors**:



with Clinical Depression, Disorder, Obsessive as Eating Disorders.

access or can not get help



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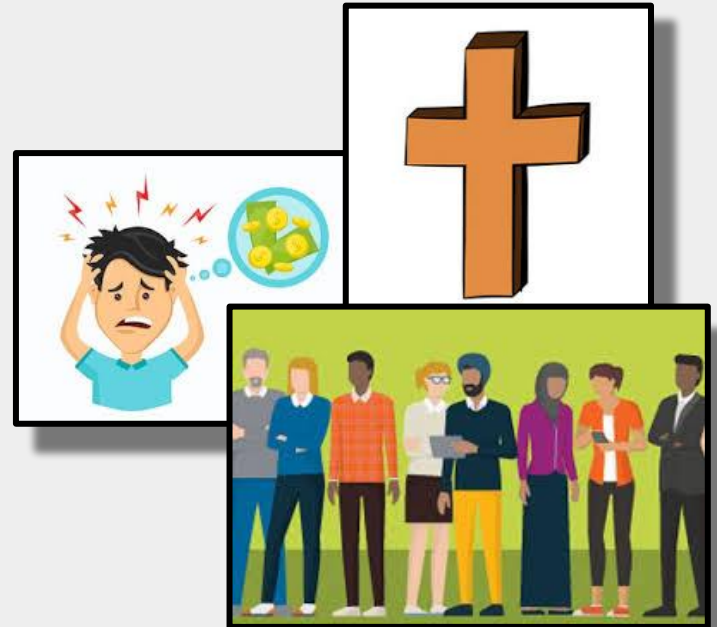
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FACTORS

There are a few factors on why mental health is not acknowledged for certain groups of people. Certain people more specifically African Americans and Latinos or Hispanics, minority groups. Explaining and exposing how some of the different cultures view mental health is important for society to perceive because mental health is not often acknowledged and or accepted. Depending on the person and which culture they are affiliated with, most people are not often open and willing to discuss or accept mental health as a priority.

Three factors that will be discussed:

- ⇒ **Traditional Beliefs**
- ⇒ **Race and Ethnicity**
- ⇒ **Financial Struggles**





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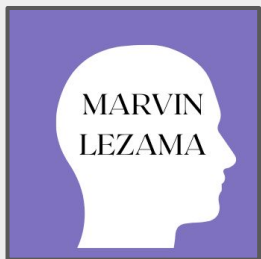
TRADITIONAL BELIEFS

There is a negative stigma tied to culture that people follow back at home, which are those who strongly believe in their family's **traditional beliefs**. People who are deep and are in touch with their culture at home, are unaccepting to mental illness and do not view it as an actual problem. It is a reality that they have to come to terms with because of the negative effects of untreated mental treatment. A major and devastating consequence/effect is suicide, which is among the leading causes of death in the United States. Realizing the negative effect of an untreated mind can influence people deep in certain cultures.

Some deeply religious people can negatively influence those who are unstable with their mental health. They are driven by what their beliefs are, which impact how those struggling people perceive or seek medical help. They reside in prayer or meditation for anyone who is depressed or has anxiety. Most may view a mental illness as man made but in reality it is something humane.

For example, in Christianity many people do not consider mental illness as a real subject. It has to do with the act of faith, they believe strongly in prayer and rely that God will heal. There is nothing wrong with turning to prayer or anything spiritual but if your mental health is at stake why not look for professional medical treatment.





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RACE AND ETHNICITY

There is a cultural stigma that exists for many **rac**es and **eth**nicities. Which is another influence on mental health. For examples, Latinos. Many Latinos do not seek mental health and dont believe it is a reality. Many parents who come from their countries in Latin America aren't as informed, involved or acceptant to mental health, since they didn't grow up with the privilege of aid to their mental health.

“Only 27% of Latinos would seek mental treatment for mental health”.

There is not much acceptance in minority groups for their mental health, they are told to brush it off, making one feel over exaggerated if they were to look for help. When in reality it is a necessity to take care of your mental health, not a decision or a special treatment. When those non-believers in mental treatment do not address medical health in their communities, many lives lie in their hands.

The video attached in this page goes in depth on how Latinos are stigmatized and often labeled, discriminated, judged and made felt indifferent and other name for trying to look for help.

It's important to value and take a more in depth look at the names or **labels** Latinos put on those who seek better mental health...





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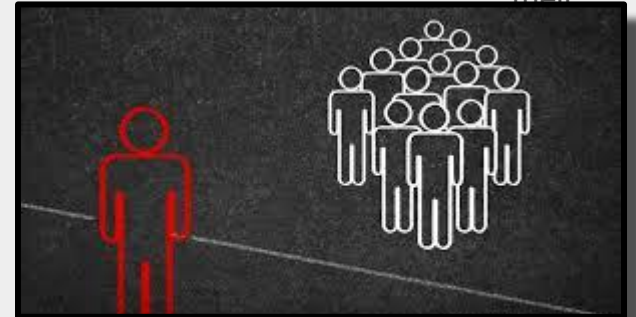
LABELS/BAD VOCABULARY

It's important to recognize there is a cultural stigma that exists, which makes us look **"weak"** if we were ever to find therapy or medication for help. Those who are followers to a designated culture brush mental health disorders off as if one is being **"dramatic"**.

For example, the different communities, specifically Latinos and African Americans do not acknowledge mental health, some are called **"exaggerated"** or **"crazy"**. Instead of naming and not handling mental health as if it is a dramatization, it's best to normalize conversations about mental health and erasing the bad vocabulary. These are steps to improve one's way of perceiving mental health.

Parents who did not have the opportunity to receive such help have passed down to their children to not seek help because they have been "surviving" or "living" without any medical treatment for however long. For example, Latino parents often ignore any signs of mental health issues from their kids because they are told that they have to be **"strong"** and to **"get over it"** just like how they were growing up.

Erasing the labels and bad vocabulary can help people feel hopeful, instead of feeling shameful to look for help.





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FINANCIAL STRUGGLES

Not all have access to secure and easy assistance financially. Many Latinos and African Americans do not have access to health care, because they do not have jobs that insure health coverage. On the other hand, non minority groups are given more advantages, for their jobs do insure health coverage. If one does not have accessible care for their health, they would have to spend their own money to look for treatment or help. At the same time we are not given jobs that can support us enough financially. Our income isn't enough to afford help or access treatment for our mental health, like a therapist or medicine to help one.

Not everyone can afford it, on top of that, it has been stigmatized as bad and other things as I said prior. Racial and ethnic minorities have less access to mental health services than do whites. They are less likely to receive needed care.

Culture bound syndrome is a limitation by or valid only within a particular culture intelligence which is commonly from a certain culture, to some degree. This all plays a major role in the government assistance and society. There are not many people in the medical field that are Latino/Hispanic or African American who can help normalize the need to achieve a healthy mindset. We need people to be more involved in eradicating the cultural stigma. Government assistance, there are not many groups or public assistance programs that help assist minority communities, not all are easy, quick and simple aid.



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WHY?

I chose this genre because not many people write or talk about this topic and it's good to inform and spread the reality of how culture plays an important role in mental health. It is a topic which can benefit those who want to help change the negative stigma. Its purpose is not only to inform but to shed light on what many youth go through but don't really look for help because they are subliminally getting influenced negatively.

My design of this "website" was based of a random health website and I decided to stick with head/brain images in the beginning since those images can be correlated and demonstrate "mental health".

My intended audience is Latino and African American, since they are minorities who are impacted most by disbelievers in seeking treatment for mental health. As well as, those who are struggling with a mental disorder and live in certain cultures or live with people who don't really accept or acknowledge mental health. Finally, those who are interested in eradicating and or advocating for the cultural stigma that many teens go through in minority groups or communities.





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