



# **CELEBRATE MENTAL HEALTH MONTH**

**Learn about Intersectionality x Mental Health**



**SAN MATEO COUNTY HEALTH**

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

# Did you know?



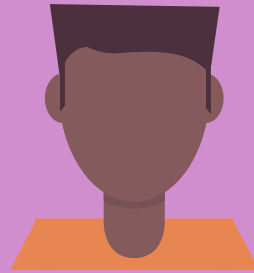
Communities of color with mental health conditions are less likely to receive mental health services compared to their white counterparts.

Source: BHRS QI Performance Measures



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# Did you know?



Black/African American folk were less likely than other race/ethnicity to receive follow-up mental health services within 7 & 30 days of Emergency Department visit.

Source: BHRS QI Performance Measures



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# Did you know?



Asian/Asian Americans are the least likely to have both the mental health and substance use knowledge, behavior and beliefs that support stigma reduction

*Source: DHCS Performance Dashboard Penetration Rates*



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# Did you know?



Reports of trauma exposure are extremely high among Latinx migrant women, with a prevalence rates around 75%

*Source: "We Need Health for All": Mental Health and Barriers to Care among Latinxs in California and Connecticut*



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# Did you know?



Cultural barriers to engaging families in care may include being afraid to ask for assistance, issues with legal status, and/or personal beliefs regarding mental health conditions.

*Source: MHSA Annual Updates: PEI Ages 0-5*



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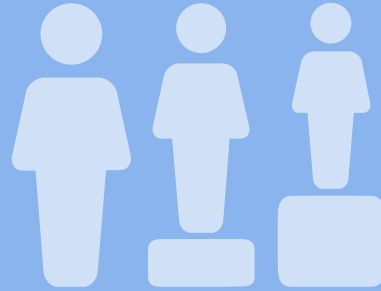


The highest percentages, by race/ethnicity, of youth w/ depression-related feelings correspond to Native Hawaiian Pacific Islander youth at 43%, followed by Latinx students at 29%

*Source: California Healthy Kids Survey*



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## **When discussing Mental Health, intersectionality is vital.**

Visit [SMCHealth.org/ODE](https://SMCHealth.org/ODE) to learn more and  
[SMCHealth.org/HEI](https://SMCHealth.org/HEI) to get involved.

For our full list of free and public events and mental health  
resources, visit [SMCHealth.org/MHM](https://SMCHealth.org/MHM).



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If you or someone you know is in a suicidal crisis or emotional distress, please reach out for 24/7 confidential crisis support: call **988** or text “BAY” to **741741**.

You can also call or text CA's Warm Line at **855-845-7415**

To obtain behavioral health services contact our San Mateo County Behavioral Health Services Call Center at **800-686-0101**



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