

- Lower income children are 1.86 times more likely to report an emotional or nervous condition in adult life, and lower income boys ages 7-8 are 3.2 times more likely to (Fan, 2001).
- Low-income, uninsured populations had a higher prevalence of 1 or more psychiatric disorders (51% vs. 28%): mood disorders (33% vs. 16%), anxiety disorders (36% vs. 11%), alcohol use disorders (17% vs. 7%), and eating disorders (10% vs. 7%) (Mauksch, 2001).
- Higher unemployment, poverty, and lack of housing affordability in poorer communities account for more than half of community differences in psychiatric hospitalization rates (Hudson, 2005).
- The prevalence of serious mental illness is highest among those with the lowest family income level (less than \$20,000) at 16.3% and lowest among those with the highest income level (\$75,000 or more) at 6.4% (SAMHSA, 2002).
- The serious mental illness rate is higher among persons who were unemployed or had "other" employment status (i.e., not in the labor force) (14.2% and 15.5%, respectively) than among persons who worked full time (7.9%) (SAMHSA, 2002).¹⁰¹

Groups experiencing structural barriers to economic mobility often experience discrimination in their daily lives. Discrimination because of one's class, gender, sexuality, race/ethnicity, ability, nationality, religion, and more can take a serious toll on a person's mental health and well-being. Research has shown that discrimination exacerbates stress and can lead to mental health challenges like anxiety, depression, and PTSD.¹⁰² Experiencing discrimination and racism can be extremely stressful and traumatic. Racism is a form of interpersonal trauma.

BIPOC communities continue to experience structural barriers to behavioral health services, including biases and a lack of cultural competency among mental health and addiction recovery service providers.¹⁰³ There are culturally-specific and responsive mental health practitioners who can understand the intersections between financial insecurity, discrimination, and behavioral health challenges and provide support from a lens of understanding and similar lived experiences.

¹⁰¹ Original material from Peerlink National Technical Assistance Center.

¹⁰² "The Impact of Discrimination." *American Psychological Administration*, 2015.

<https://www.apa.org/news/press/releases/stress/2015/impact>

¹⁰³ "Identity and Cultural Dimensions." *NAMI*, 2022. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>