

# EIGHT FACTS about the Mental Health & Well-Being of Latina/o Young People



- 1** Latina/o young people are as anxious and depressed as many of their peers. When asked to reflect on the past two weeks of their lives, about a quarter (27%) of Latina/o young people say they felt worried most or all of the time, compared to 25% of young people of other races/ethnicities. Nineteen percent of Latina/o young people and young people of other races/ethnicities say they felt depressed most or all of the time within that same time period.
- 2** Over half (52%) of Latina/o young people and young people of other races/ethnicities (55%) say they've experienced an event they identify as traumatic.
- 3** Despite reporting similar levels of anxiety, depression, and trauma, fewer Latina/o young people say they've seen a mental health professional compared to white young people (36% vs. 48%). Latina/o young people are also less likely than white young people to ever have been medicated or hospitalized for a mental-health issue (24% vs. 34%).
- 4** Under half of Latina/o young people (45%) say it is important to them that their mental-health counselor have their same race/ethnicity.
- 5** About half of Latina/o young people (53%) say their religion or spirituality matters for their mental health, and 63% of Latina/o young people who have seen a mental-health provider report that their mental-health provider did not address their religious/spiritual identity during treatment.
- 6** Sixty-seven percent of Latina/o young people say they are not comfortable talking with the adults in their lives about their mental-health issues. And 17% of Latina/o young people report that they have not sought mental-health treatment because their parents or guardians do not want them to.
- 7** Sixty-three percent of Latina/o young people agree that they have a sense of direction and purpose in life. When asked what experiences have helped them find purpose, three of the top responses identified by Latino youth were asking questions and seeking information about things that matter to them (47%), experiencing trauma, hardship, or illness (40%), and caring for and supporting people in their lives (34%).
- 8** Most Latina/o young people (90%) say it is important to them to spend their time making a difference in other people's lives and/or contributing to a cause.

Source: Survey of 9,837 US young people ages 13–25 conducted in two waves (December 2021 and March 2022). The total number of Latino young people in this survey is 2,163.