African Americans are 20% more likely to report having serious mental distress than Whites.

Hispanic adolescent females report significantly higher rates of suicidal thoughts and suicide attempts than other youth.

Asian American women have the highest suicide rate of all women over age 65 in the United States.

American Indians or Alaska Natives have the highest rates of substance dependence or abuse and binge alcohol use, compared to other racial/ethnic groups.

Native Hawaiians and Pacific Islanders have higher rates of smoking and alcohol use compared to other racial/ethnic groups.

The Affordable Care Act helps diverse populations get better access to behavioral health services.

Help get the word out. Learn helpful strategies to introduce your community to the new health insurance options.

Learn more about your healthcare options at [healthcare.gov](http://healthcare.gov).

For more information about behavioral health and diverse populations, visit [samhsa.gov/obhe](http://samhsa.gov/obhe).

SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.