

IMMIGRANT MENTAL HEALTH

In North Carolina



The North Carolina Institute of Medicine and El Futuro gathered information to better understand the strengths and challenges that immigrants in NC face concerning their mental health. Here are some of the barriers found and some potential solutions community leaders may be able to implement.

FROM BARRIERS TO ACTIONS

STIGMA



Fear of being **judged** or ostracized may cause some to **not want to engage with mental health services**



NORMALIZE

Have regular conversations about **mental health** in your community



Promote mental health **literacy and resources** among community leaders



Include mental health **workshops** in **church** or other **groups**



LANGUAGE ACCESS



Lack of providers that **speak the native language** of immigrants could **lead to less quality care**



BREAK BARRIERS

Increase **investment** in bilingual staff to help immigrants navigate systems.



Create a **guide** of bilingual providers and resources in your area



Support immigrant neighbors to become bilingual mental health **professionals**



LACK OF INSURANCE



Many immigrants **don't qualify** for public insurance options and **can't get employer-provided insurance**



CONNECT TO RESOURCES

Connect uninsured community to **free or low cost** services



Organize **local health fairs** to connect your community to providers



Help others **navigate paper-work** to qualify for **subsidized services**



Want to know more? Scan this QR code to access the full landscape analysis.



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OVERVIEW OF NORTH CAROLINA IMMIGRANTS

Prepared for community leaders and organizations committed to improving immigrant mental health.

Who are the immigrants living in North Carolina?

8%

Percentage of NC population that are foreign-born immigrants



1 out of 5 children in NC have at least one immigrant parent



Latin America: ~520,000
Asia: ~264,000
Europe: ~104,000
Africa: ~85,000
Oceania: ~2,500

How are immigrants contributing to strengthening North Carolina?



\$9.8 BILLION

Total tax contributions of immigrants in North Carolina



BUSINESS

38% of NC-based Fortune 500 companies founded by first/second generation immigrants



602,600

Total immigrant workers in NC

Perceptions of priority

For many people, mental health may take a lower priority to physical health and other pressing needs. Economic survival can dominate immediate concerns for some immigrants, as securing stable employment, housing, and food are essential for the family's well-being.

“There’s just a lot of stigma, a lot of fear. A lot of my clients tell me, ‘you know, I don’t want my family to know that I’m here talking to you.’”

-Quote from immigrant-serving clinician

Why is there so little data available on immigrant communities?

In many Immigrant communities, there is a strong cultural stigma associated with mental illness, leading individuals to avoid discussing these issues openly or seeking professional help for fear of social rejection.

TOP 20 LANGUAGES WITH THE MOST SPEAKERS WHO ALSO SPEAK ENGLISH LESS THAN “VERY WELL” (NUMBER OF SPEAKERS, 2022)

Spanish	330,018 speakers
Chinese (Mandarin, Cantonese)	17,062
Vietnamese	13,592
Arabic	10,910
Korean	8,208
Gujarati	6,845
French	6,425
Russian	5,397
Telugu	4,860
Ilocano, Samoan, Hawaiian, or other Austronesian Languages	4,748
Thai	4,288
Amharic	4,121
Hindi	4,062
Hmong	3,912
Portuguese	3,885
Japanese	3,566
German	3,400
Tagalog	3,349
Nepali	3,104
Haitian Creole	3,012

If you'd like to learn more, for additional translations, or to join this effort with the Immigrant Mental Health Solidarity Network (IMHSN), please visit our website

