



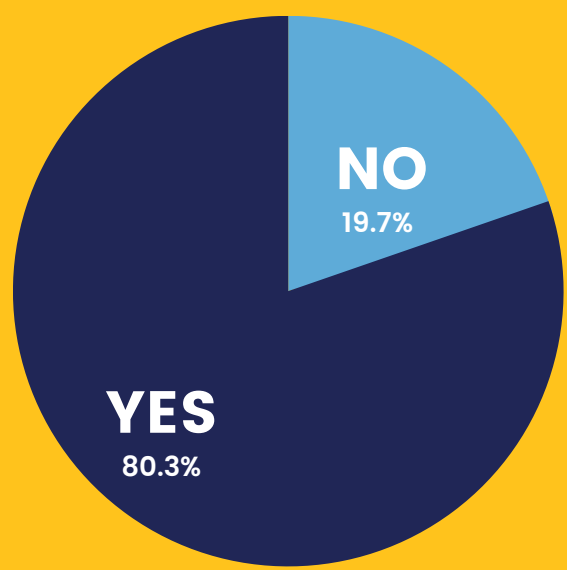
HOW PEOPLE OF COLOR THINK ABOUT THERAPY 2023

About the Survey

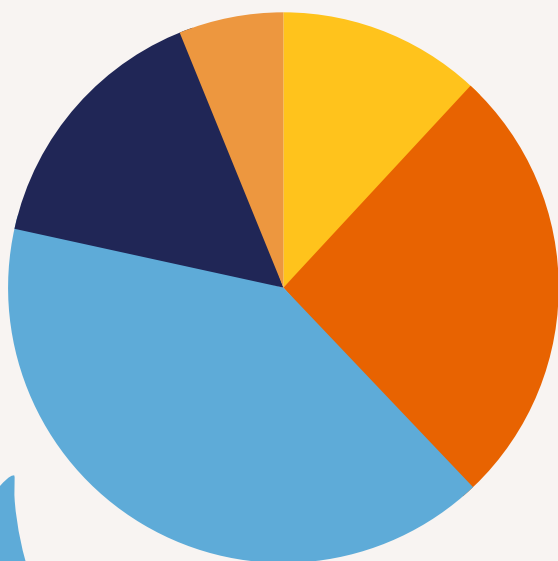
How people of color think about mental health and therapy has not been well-researched. We know there is stigma, but there is so much more to uncover. Having data allows us to get access to the right resources to help our communities heal and thrive. Over the past 4 years, we have collected data to deepen our understanding of messages about mental health in communities of color. Below is a summary of our initial findings:

Have you EVER met with a mental health professional?

Most people of color who completed the survey have experience with therapy.



Age at which you first saw a therapist?



- 20-29: 40.2%
- 13-19: 25.8%
- 30-39: 15.3%
- Under 12: 11.8%
- Over 40: 6.1%

Race/Ethnicity of therapist:

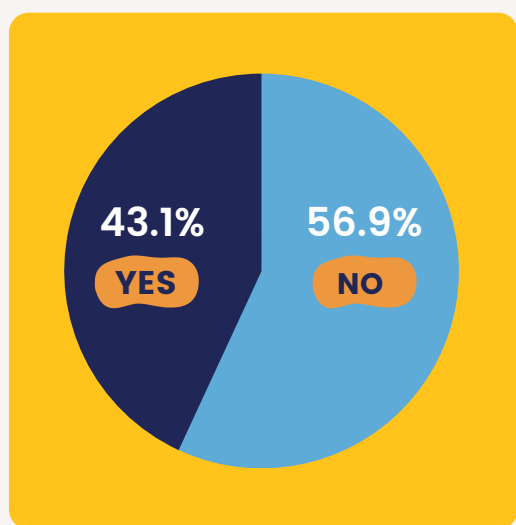
- White = 42%
- Black = 30%
- Caribbean = 3.4%
- Asian American = 3.2%
- Latinx = 2.9%
- Middle-Eastern = 2%

40% of people saw a therapist for the first time in their 20s.

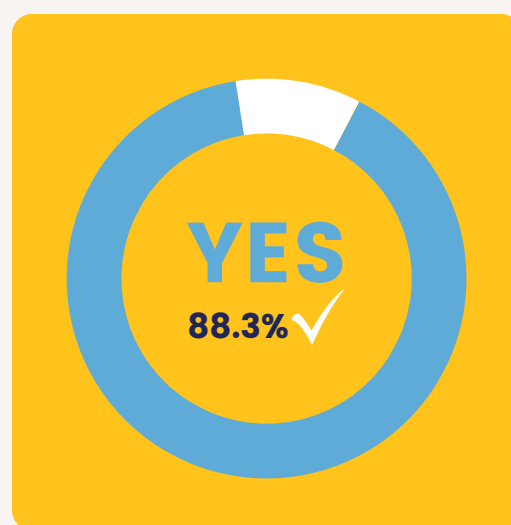
Most people had a White therapist for their 1st therapy encounter



Have you met with a mental health professional in the past 12 months?



Is it important for you to have a therapist who comes from a similar racial/ethnic background?



Yes, I met with a therapist in the past 12 months and this is who I told...

Both Friends & Family

49.2%

Yes Friends, Not Family

26.9%

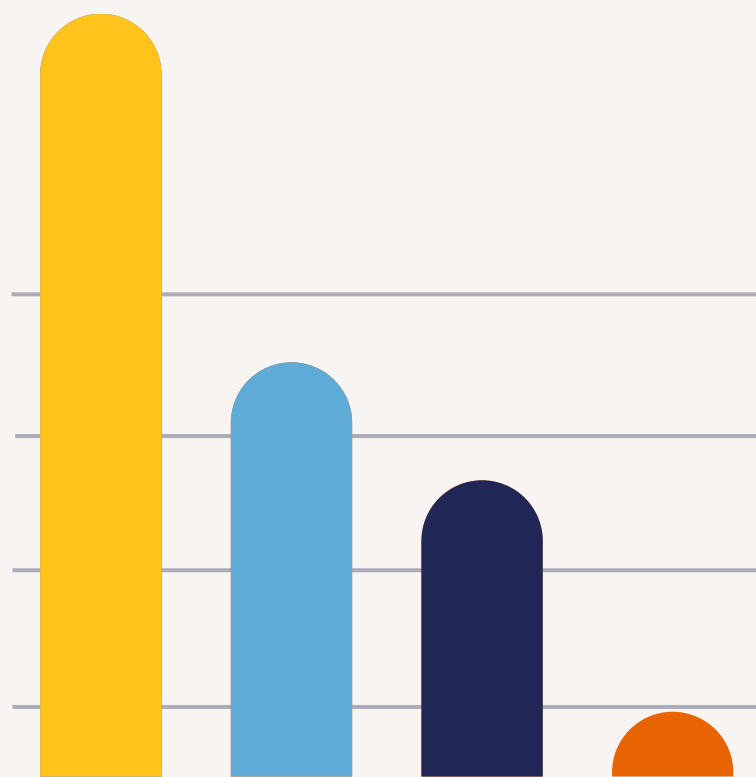
Did Not Tell Anyone

19.2%

Yes Family, Not Friends

4.1%

Almost 50% of people of color told friends & family that they were in therapy

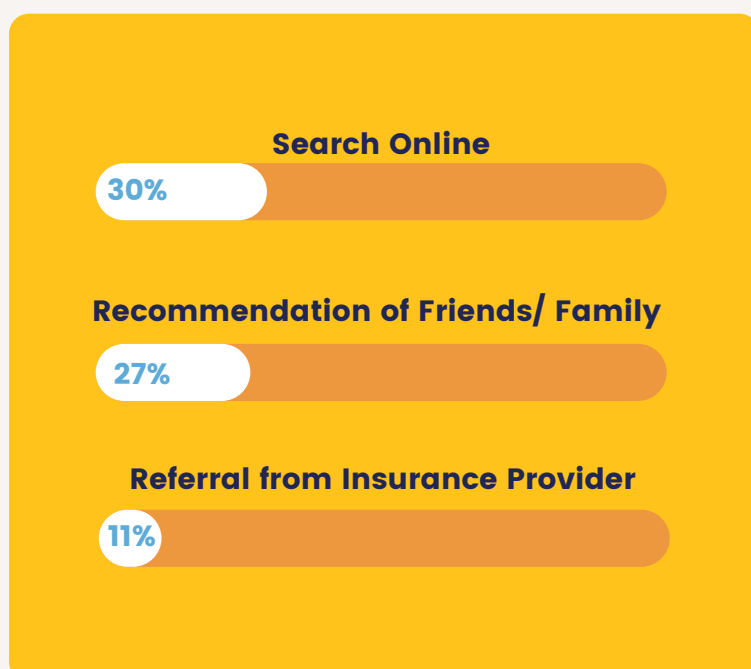


How did you find your therapist?

How helpful has therapy been in addressing your concerns?

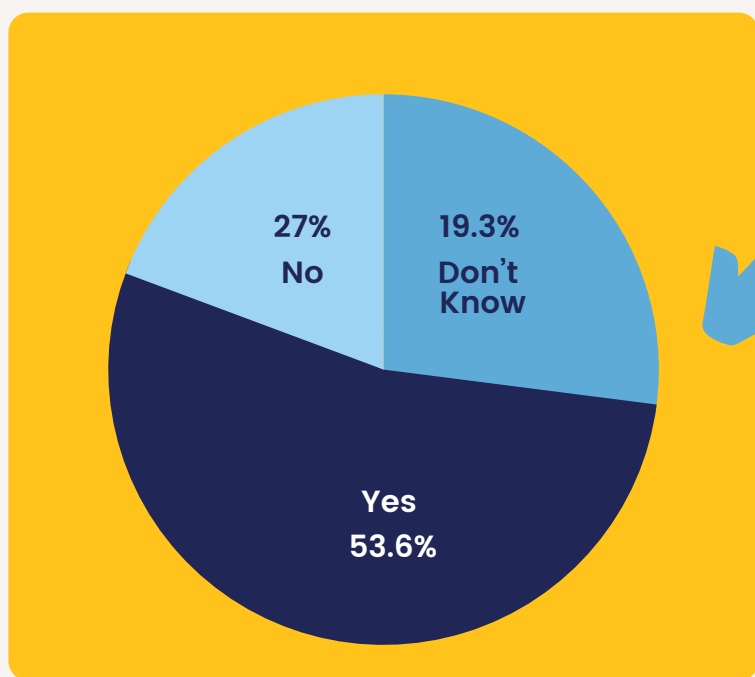
84%

Found that therapy has been helpful or very helpful in addressing their concerns.





Has anyone in your family gone to therapy?

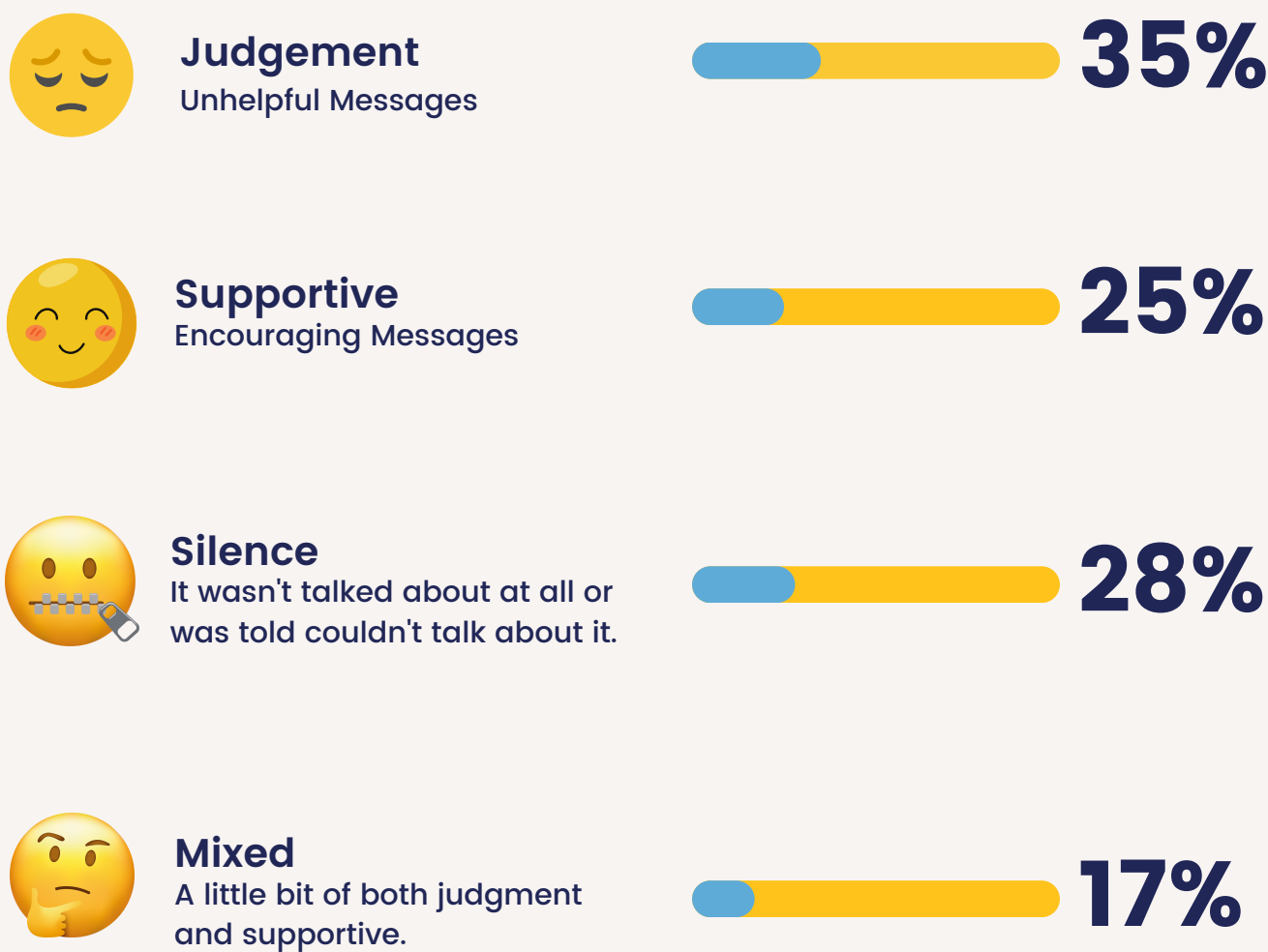


We are seeing in this data that over

53%

of respondents have family members who have gone to therapy

What were some of the messages you received from family members about therapy?

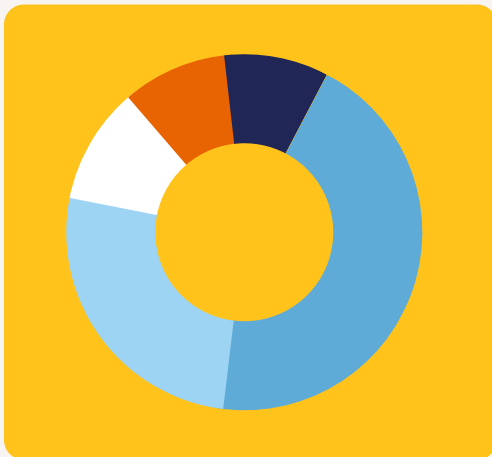


Finding a mental health professional who comes from a similar racial/ethnic background as me has been life changing.

Facts about people of color who took the survey...

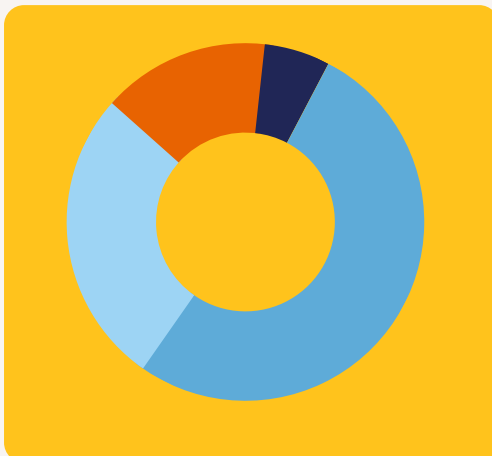


What is your racial/ethnic Background?



- African American/Black: 44.2%
- Other: 26.2%
- Caribbean/West Indian: 10.6%
- African: 9.5%
- Latinx/Hispanic: 9.5%

What is your relationship status?



- Single: 51.5%
- Partnered/Engaged: 26.6%
- Married: 15%
- Separated/Divorced: 5.9%

What is your annual gross income?



- \$10-50K: 31%
- \$51K-100K: 28.1%
- Under \$10K: 24.5%
- \$101k-200K: 14.2%
- Over \$200K: 2.2%

What is the gender the respondent?



- Female: 80.7%
- Male: 14.3%
- Gender Fluid/Non-Binary: 5%



Therapy is great when there is a good fit between the client and therapist.