

# MENTAL HEALTH AMONG YOUNG PEOPLE FROM RACIALISED COMMUNITIES



## THE FACTS

Young people from racialised groups are disproportionately exposed to many known risk factors linked with mental health problems. These include being excluded from school, being in care, being involved in the criminal justice system, and being homeless.

(Youth Justice Board, 2019; Day *et al.*, 2020)

Pupils who have a mental health problem are **more likely to be excluded** from school than their peers.

In 2013/14, **one in five students** with an identified social, emotional and mental health difficulty received at least one fixed period exclusion.

(Department for Education, 2016)



Research suggests that school exclusions are linked to **long-term mental health problems**.

(Ford *et al.*, 2017)

In 2016, an analysis of Department for Communities and Local Government homelessness data noted that ethnic minorities accounted for **40% of homeless households** in England in 2016, despite representing only 15% of the total population.

(cited in Khan *et al.*, 2017)

# 70%

of children surveyed who experienced racism in school stated that the experience had an impact on their wellbeing.

(Mind, 2021)

In some parts of England, exclusion rates are up to **six times** higher for Black Caribbean pupils and up to **nine times** higher for Gypsy, Roma & Traveller pupils than their white classmates.

(The Guardian, 2021)

Children from the **poorest 20%** of households are **four times** as likely to have serious mental health difficulties by the age of 11 as those from the wealthiest 20%.

(Morrison Gutman *et al.*, 2015)



Young people in the **youth justice** system are **three times** more likely than their peers to have a mental health problem.

(Mental Health Foundation, 2002)

Over **40%** of children in the youth justice system in England and Wales are from racialised backgrounds, and more than **one third** have a diagnosed mental health problem.

(Taylor, 2016)

Between March and May 2020, the National Police Chiefs' Council found that **police were twice as likely to fine young 'Black, Asian and minority ethnic' men** (aged 18-24) for breaching lockdown regulations than white men of the same age.

(NPCC, 2020)

Black children are

**10 times**

more likely to be referred to Children and Young People's Mental Health Services via social services, rather than through their GP, compared to white British children.

(Kapadia, *et al.*, 2022)



Young people from racialised communities reported feeling **less recognised and understood** when talking to their GP about their mental health needs compared to their white counterparts.

(Annual GP Satisfaction Survey, 2021)

**27%**

of young Black people were unemployed in the year July 2019-June 2020 compared to **10%** for young white people.

(House of Commons Library, 2020)

Unemployment is a major risk factor for poor mental health, and youth unemployment especially casts a lifelong shadow over a person's mental health.

Men from 'Black, Asian and Minority Ethnic' backgrounds reported a **14% deterioration in mental health** during the pandemic, while white men reported a deterioration of **6.5%**.

(Proto *et al.*, 2021)



Children from racialised communities are **less likely** than their white peers to access traditional mental health services.

(Education Policy Institute, 2017)

However, they are **twice as likely** to access mental health support via court orders (social care or criminal justice related orders).

(Edbrooke-Childs and Patalay, 2019)

Refugees and asylum seekers are **more likely to experience poor mental health** (including depression, PTSD and other anxiety disorders) than the general population.

(Mental Health Foundation, 2016)



Black people in England and Wales are

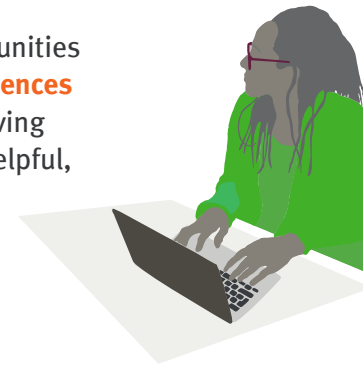
**4 times**

**more likely to be detained under the Mental Health Act** than white people, and ten times more likely to be given a Community Treatment Order when they are discharged.

(NHS Digital, 2021b)

Young people from racialised communities are **more likely to expect bad experiences from mental health services**, perceiving the mental health system to be unhelpful, racist, and untrustworthy. This in turn delays seeking help for mental health problems.

(Meechan *et al.*, 2021; Kapadia, *et al.*, 2022)



## HELPFUL RESOURCES

### Befriending Networks:

<https://www.befriending.co.uk/directory/>

### Black Minds Matter UK:

<https://www.blackmindsmatteruk.com/>

### Black Thrive Global:

<https://blackthrive.org/>

### The Mix:

<https://www.themix.org.uk/mental-health>

### Mind:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/>

### Young Black Psych:

<https://www.youngblackpsych.com/about>

### The Black, African & Asian Therapy Network:

<https://www.baatan.org.uk/>



Young people from a 'Black African' background are significantly **more likely to be referred to inpatient and emergency services** compared to their white British counterparts.

(Chui *et al.*, 2020)

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