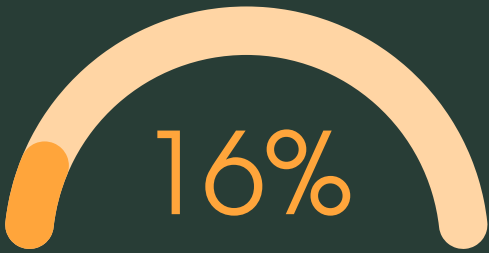


MENTAL HEALTH SERVICE USE AMONG AFRICAN IMMIGRANTS IN CANADA

Non-Caucasian immigrants are less likely to receive mental health services compared to white Canadian-born individuals.

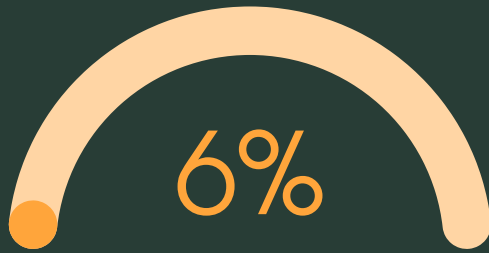
Compared to 14% of white Canadian-born individuals, African immigrants are 2x more hesitant to use mental health services for depression.

28% ARE HESITANT TO USE MENTAL HEALTH SERVICES



WOULD CONSULT IF WAITING TIME WAS SHORT

Waiting times for a first consultation can range from 2 to 6 months. Participants were more likely to use services when the wait time was short.



WOULD ONLY CONSULT IF SYMPTOMS WERE SEVERE

Severity of depressive symptoms increased the likelihood of seeking treatment. Stigma can delay seeking treatment and lead to worsening symptoms.



”the underuse of mental health services among African immigrants cannot be explained by less need”

Sociocultural barriers can help explain disparities in access to mental health services among African immigrants in Canada.

Institutional and Cultural Barriers



Stigma

Shame associated with seeking help



Discrimination

Inadequate or unfair treatment



Language Needs

Lack of interpreters or services provided in native language

Understanding how people use healthcare can inform the development of **equitable services**.

Building cultural awareness promotes **culturally-informed care** and reduces barriers.

References

Boukpessi, T. B., Kpanake, L., & Gagnier, J.-P. (2021). Willingness to use mental health services for depression among African immigrants and white Canadian-born people in the province of Quebec, Canada. *Journal of Immigrant and Minority Health, 23*(2), 320–328. <https://doi.org/10.1007/s10903-020-01061-y>