

# Mental health facts

51.5 million

51.5 million adults in the United States are experiencing a **mental illness**.<sup>1</sup> This includes



1 in 4 women



1 in 6 men

16%

16% of the Latinx and Hispanic community reported having a mental illness in the past year. That is over **10 million** people.<sup>2</sup>

1 in 5

Spanish-speaking patients screen **positive** for mental health conditions after physical injury.<sup>3</sup>



93%

Mental Health America saw a 93% increase in the number of people taking the **anxiety screen** in 2020 vs 2019.<sup>4</sup>

<sup>1</sup> [www.nimh.nih.gov/health/statistics/mental-illness](http://www.nimh.nih.gov/health/statistics/mental-illness)

<sup>2</sup> [www.mhanational.org/issues/latinxhispanic-communities-and-mental-health](http://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health)

<sup>3</sup> [cspg.brighamandwomens.org/forte/](http://cspg.brighamandwomens.org/forte/)

<sup>4</sup> [mhanational.org/issues/state-mental-health-america](http://mhanational.org/issues/state-mental-health-america)

# Do you have questions?

## Contact Information:

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Please reach out to us and we will do our best to answer any questions you may have.

Visit our website to check out community resources:



[cspg.brighamandwomens.org/forte/nests](http://cspg.brighamandwomens.org/forte/nests)



# NESTS

Non-English-Speaking  
Trauma Survivors Pathway  
for Better Mental Health





## What is the NESTS Pathway?

The NESTS Pathway was developed to support the mental health of our Non-English-speaking patients during their recovery since **1 in 5** Spanish-speaking patients develop mental health conditions after physical injury.



### Start



#### Traumatic injury

Many patients are experiencing mental health conditions prior to their physical injury or may develop them after it. For example, these conditions could be depression, anxiety, post-traumatic stress and others.

The stress of the injury can make symptoms worse and inhibit recovery.

#### During your hospitalization

A community health worker will meet with you and ask some questions about you to determine how to support your recovery. They will help connect you to resources.



Community resources can support you in many areas of your life including:

- Mental health
- Substance use disorder treatment
- Housing and food assistance
- Immigration and legal services
- Family services and childcare

#### After discharge

The community health worker will continue to follow-up with you to ensure you have the support you need by:

- Regular check-ins
- Help with navigating resources

The community health worker will also help you set up Jeenie, an easy-to-use interpreter smartphone app to assist with your medical appointments.

### Recovery