

California's Immigrant Adults Report Increased Psychological Distress and High Rates of Unmet Need for Mental Health Care

A study by the UCLA Center for Health Policy Research reports declining mental health and increasing unmet mental health needs among immigrant adults in California from 2015–2021.

Serious Psychological Distress (SPD) Among Immigrant Adults

Changes in SPD among immigrant adults varied across socio-political factors such as length of stay, citizenship status, and English language proficiency between the two time periods.

6%

of all immigrants had SPD in 2015–2017, compared to

9%

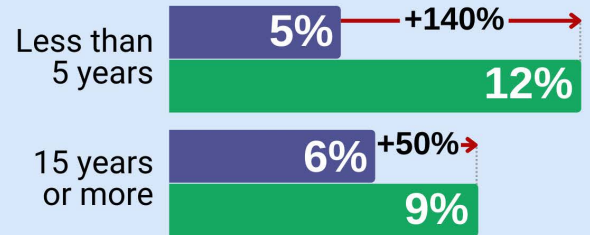
of immigrants in 2019–2021



2015–2017 2019–2021

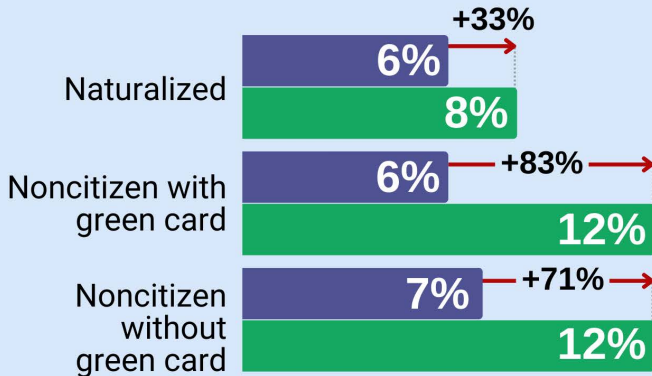
By time spent in the U.S.

The group living in the U.S. for less than 5 years had the most significant percentage increase in SPD compared to all other groups.



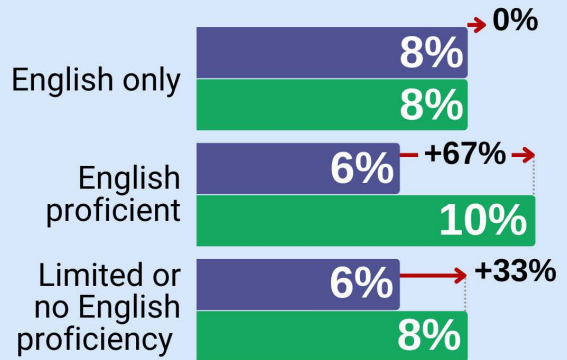
By citizenship status

The groups with and without a green card had higher increases in SPD than naturalized citizens.

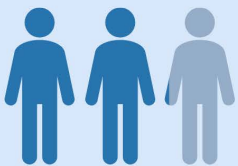


By English language proficiency

The proportion with SPD who speak only English was unchanged for 2015–2017 and 2019–2021, but other groups had increases.



Have Unmet Needs for Mental Health Care



More than **2 in 3** (67%)

immigrant adults with SPD did not see a healthcare provider for their mental health care needs from 2019–2021 despite reporting needing one.



Note: Rates of SPD varied by citizenship, time in the U.S. and English language skills