

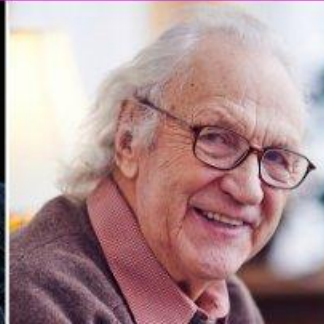


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**Through the lens:
Ethnicity, money and mental
health**



Through the lens... Ethnicity, money and mental health



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“I think there is a natural fear of things going wrong, losing your job etc. I know many colleagues from ethnic minorities who **worry about this a lot** and fear that as an ethnic minority, if there were redundancies going, they would likely be for the chop first.”

Expert by Experience of Indian ethnicity

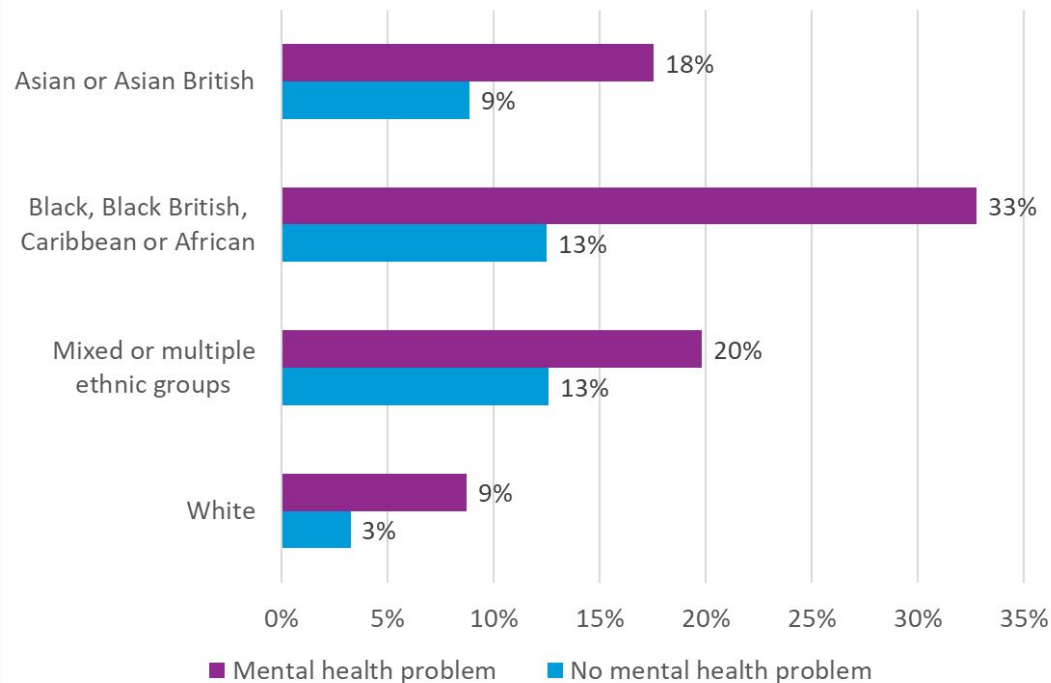


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Among those with mental health conditions, 53% of White British people have good levels of savings, compared to 43% of people from minoritised ethnic groups



People with mental health problems from minoritised ethnic groups are more likely to be in a household that's behind on some or all household bills



Source: M&MH analysis of Understanding Society data

Note: 'Other' ethnic group excluded because bases were too small



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“I’ve never had an appointment with a mental health professional who wasn't White. I end up having to explain the nuances of why a particular incident was so bad. [...] That's another layer of difficulty and extra work. More emotional labour.”

Expert by Experience of White and Indo-Caribbean ethnicity





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**Interventions that take a
one size fits all approach
will not be equally
effective for everyone**





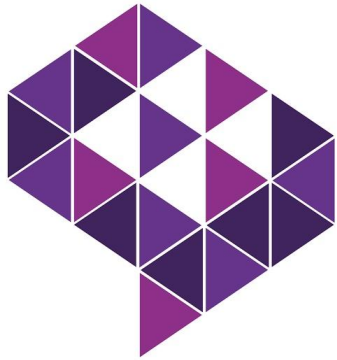
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