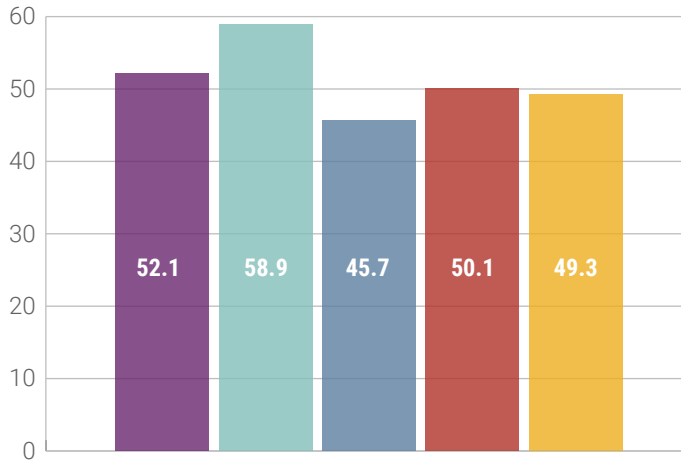




State of Mental Health for Youth of Color 2022

Percentage that Experienced Mild to Severe Anxiety

Black Latino/e AAPI Native American Multiracial



KEY FINDING:

What were the most common symptoms of anxiety in different groups?



For all Youth of Color in our sample, feeling anxious, worried or nervous was the most common symptom of anxiety but each group showed slightly different additional signs of anxiety as follows:

Black youth: Struggling with decision-making and worrying about bad things happening.

Latino/e youth: Struggling with decision-making.

Asian American Pacific Islander and Native American youth: Avoiding situations they worried about.

Presented by

The **AAKOMA** Project
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Alfiee Breland-Noble and The AAKOMA Project, Inc. (2022). The AAKOMA Project's State of Mental Health for Youth of Color. Executive Summary, 2022. Arlington, VA: The AAKOMA Project