

As racial and linguistic minorities, English-speaking Black Quebecers face more barriers to receiving mental health care

May 9 2023



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Black anglophones in Quebec experience more discrimination and report more barriers to mental health care—and overall lower mental

health—than their French-speaking counterparts, according to a new study from McGill University researchers in the Department of Psychology published in the *Journal of Racial and Ethnic Health Disparities*.

The researchers, who were curious about the experience of being both a racial and linguistic minority in the province collaborated with the Black Community Resource Center (BCRC) to survey Black Quebecers from across the [province](#) about the experience of being both a racial and linguistic minority. They found that close to 60% of both the English- and French-speaking Black participants reported experiencing [racial discrimination](#). On top of that, more than 25% of English-speaking Black participants reported experiencing language-based [discrimination](#), compared to about 7% of francophones surveyed.

The English-speaking Black participants also reported facing more barriers to [mental health services](#) and lower mental health status compared to their francophone counterparts. "The results of this research project helped us get an understanding of how these multiplied minoritized identities affected the health of English-speaking Black community," said lead author and Ph.D. student in the Department of Psychology, Nmesoma Umenwofor-Nweze. "It is imperative to understand this relationship to build better services for communities that are marginalized on multiple fronts."

More information: Nmesoma Nweze et al, The Impact of Language on the Mental Health of Black Quebecers, *Journal of Racial and Ethnic Health Disparities* (2023). [DOI: 10.1007/s40615-022-01412-5](https://doi.org/10.1007/s40615-022-01412-5)

Provided by McGill University

Citation: As racial and linguistic minorities, English-speaking Black Quebecers face more barriers to receiving mental health care (2023, May 9) retrieved 27 April 2024 from <https://medicalxpress.com/news/2023-05-racial-linguistic-minorities-english-speaking-black.html>

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