

Mental Health & Temporary Assistance for Needy Families (TANF):

Navigating Challenges and Leveraging Opportunities

2x

Black people living below the poverty level are twice as likely as Black people who make more than double the poverty level to report serious psychological distress.²



Black parents who receive TANF are two times more likely to experience depression than Black parents who don't receive TANF.⁵



Black TANF recipients who engage in mental health services show a reduction in depressive symptoms.⁸

1 in 5 Black adults reported having a mental illness in 2023.¹



Depression and anxiety are common among TANF recipients, which increases risk for employment insecurity.³⁻⁴



56% of Black people live in states that have TANF programs with shorter participation terms,⁶ which contributes an additional challenge to Black individuals, whose mental health needs often go undetected.⁷

56%

If TANF programs facilitate early access to mental health assessments, they can ensure that TANF program participants are connected to needed resources. This will increase their chances for successful employment outcomes.

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