



MENTAL WELLNESS OF OUR SANGAT

RESULTS FROM
SIKH FAMILY CENTER'S NATIONAL SURVEY



@sikhfamilycenter



1 in 2 Sikhs reported experiencing nervousness, anxiety, or uncontrollable worry in the prior month.



1 in 3 Sikhs reported experiencing at least one day (in the last month) that their poor mental health kept them from doing daily activities.



1 in 4 Sikhs reported living with someone whose mental health (stress, depression, problems with emotions) keeps them from doing everyday activities.





67% of Sikh family violence survivors reported at least one poor mental health day in the last month.



Sikh family violence survivors reported experiencing more than double the poor mental health days (in the last month) compared to other respondents.





Disclaimer:

Data was collected in Sikh Family Center's last national surveys conducted between 2017-2019, from 500 Sikhs across U.S. states. Though it is not representative of the entire Sikh population in the U.S., the stats presented here provide a glimpse into pressing issues facing the Sikh community and the need for increased community-appropriate and trauma-centered services and resources.

Sikh Family Center Non-Emergency National Helpline

866.SFC.SEWA | 866.732.7392

Free | Peer Support | Private | Punjabi & English

Suicide & Crisis Lifeline 988

@sikhfamilycenter