

**Conclusion:** There are various barriers for racially-minoritised people to access mental health support, such as stigma, having a different understanding of mental health, the competence of services and accessibility. Action must be taken to eliminate barriers in mental health care.

**Method**

Qualitative empirical studies published between 1970 to 2020 were searched for using two databases (PsycINFO and Web of Science).

Considering inclusion and exclusion criteria there were 15 final studies.

**Aim**

To understand the barriers to accessing formal mental health support for racially-minoritised people within the UK.

**Results**

The final four themes are:

Internal and external stigma

Understanding of distress and coping

Competence of professionals and services

Perception and accessibility

**Systematic Review and Thematic Synthesis**

**What are the barriers to mental health support for racially-minoritised people within the UK?**