

Hispanic Mental Health

Raise Awareness

Mental health affects individuals of all races, cultures, ages, genders, religions and income levels. Awareness and outreach are crucial components to addressing disparities in the mental health field. Many minority populations are unaware of resources and services available to them. Latin populations tend to seek treatment from churches, family, and community leaders. Therefore, it is important to provide information and resources.

Web sites:

<https://espanol.mentalhealth.gov/>

<https://www.nami.org/Find-Support/Diverse-Communities/Latino-Mental-Health>

https://www.huffingtonpost.com/latina-magazine/8-facts-about-latinos-men_b_8306396.html

<https://www.mghclaycenter.org/parenting-concerns/families/writing-told-taboo-mental-illness-hispanic-community/>

<http://www.mentalhealthamerica.net/conditions/31-formas-de-trabajar-en-su-bienestar>

Books

https://www.amazon.com/Chicana-Chicano-Mental-Health-Experience-ebook/dp/B00DEYYW0I/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1521681156&sr=1-1&keywords=hispanic+mental+illness%3F

Video's

Stigma of Mental Illness in the Latino Community

<https://www.youtube.com/watch?v=fro58JHFW9A>

Mental Health: A Guide for Latinos and Their Families

<https://www.youtube.com/watch?v=7QgVi7suKvs>

The Latino story on Mental Health

<https://www.youtube.com/watch?v=78EwXz1qahY>

African-American Mental Health Resources

Numbers Don't Lie

1. African-American adults are 20% more likely to report serious psychological distress than Caucasian adults.
2. Older Asian-American women have the highest suicide rate of all women who are 65+ years old in the United States.
3. Adults with disabilities are 3 times more likely to commit suicide than peers without disabilities.
4. Gay and bisexual men have higher prevalence of eating and body image disorders than heterosexual peers.
5. Individuals in poverty are more likely to be exposed to complex trauma and less likely to receive quality mental health services.

Web sites:

<http://www.mentalhealthamerica.net/conditions/depression-and-african-americans>

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=24>

<https://www.cpp.edu/~healthcounseling/Documents/africanamer-final-1-15-09.pdf>

<https://www.self.com/story/racism-mental-health-in-the-black-community>

<https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Minority-Mental-Health-Stories>

Books:

72 Hour Hold

By Bebe Moore Campbell

This Fragile Life: A Mother's Story of a Bipolar Son
by Charlotte Pierce-Baker

The Sum of My Parts: A Survivor's Story of Dissociative Identity Disorder
by Olga Trujillo

Black Pain: It Just Looks Like We're Not Hurting
Terrie Williams

Black Men and Depression: Saving our Lives, Healing our Families and Friends
John Head

Too Heavy a Yoke: Black Women and the Burden of Strength Paperback – June 19, 2014
Chanequa Walker-Barnes

Video's

<https://vimeo.com/36995523>

<https://www.youtube.com/watch?v=0P3rvrtx07o>

<https://www.youtube.com/watch?v=BvpmZktlBFs>

https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health

African American Mental Health Resources

Depression and African Americans
Not "Just the Blues"

