



## **Mental Health Toolkit**

National Latino Behavioral Health Association

English Version

**Spring 2023**

## Table of Contents

<b>Purpose</b>	<b>3</b>
<b>How to Use this Toolkit</b>	<b>4</b>
<b>Resources</b>	<b>5</b>
<b>I. Grief and Loss in Hispanic and Latino Communities (Infographic)</b>	<b>5</b>
<b>II. Suicide Among Hispanic and Latino Communities 2.0 (Booklet)</b>	<b>5</b>
<b>III. Webinar: Hispanic Stress and Resilience During the Holidays (Infographic)</b>	<b>5</b>
<b>IV. Smoking and Vaping in the Americas: Policy Implications for Prevention (Infographic)</b>	<b>6</b>
<b>V. Women’s History Month: Honoring Latina’s Resilience (Booklet)</b>	<b>6</b>
<b>VI. Marijuana Prevention Among Hispanic and Latino Youth (Infographic)</b>	<b>6</b>
<b>VII. Domestic Violence Prevention Amongst Hispanic and Latino Communities (Booklet)</b>	<b>7</b>
<b>VIII. A Deeper Look into Labor and Sex Trafficking in the United States (Infographic)</b>	<b>7</b>
<b>IX. What is Cinco de Mayo and How does it Affect Hispanic/Latino Communities? (Infographic)</b>	<b>7</b>
<b>X. Men’s Health Month - Overview (Infographic)</b>	<b>8</b>
<b>XI. 988 Suicide and Crisis Lifeline</b>	<b>8</b>

## Purpose

The Hispanic or Latino community in the United States is vastly diverse. The challenges that it faces are equally sizable and diverse in nature. Mental health resources available but limited. The Latino community remains largely underserved. The National Latino Behavioral Health Association (NLBHA) is committed to advocating, supporting, and offering resources in response to these needs.

This toolkit was created to provide easy access to important mental health resources to include alcohol and drugs, tobacco use, mental health conditions, trauma, and suicide. The resources have a specific scope. They were created with and for the Hispanic and Latino community. Cultural sensitivity, diversity, and humility served as guidelines in producing these resources in both English and Spanish.

The toolkit speaks in the language of those we serve, using our own voice and expressions. It captures our unique way of looking at life. It expresses the challenges, hopes, tears, and joys that interweave our common life as Hispanics and Latinos.

The resiliency that characterizes the Latino community is inspiring. Providing basic information is the primary purpose of this toolkit. It is offered with the hope that it is shared often and to individuals you serve and support.

The National Latino Behavioral Health Association wishes to recognize Morehouse University for underwriting this project and to the NLBHA team for helping produce this user-friendly toolkit as part of the National COVID-19 Resiliency Network Strategic Partner initiative.

## How to Use this Toolkit

Knowledge and resources about mental health and the challenges faced by Hispanics and Latinos are critical for the healing of the community. NLBHA intends for this toolkit to be user-friendly and to have wide dissemination in the community.

The toolkit has been prepared in English and Spanish. The resources provided include links to factsheets, infographics and booklets. A table of contents and page number of key resources available. Each resource is introduced with a brief synopsis of the material covered.

For easy access, a link is provided that will take the user directly to the resource. By clicking this link, the user can read the information online and also duplicate the material for training purposes or wider distribution.

Informing ourselves about mental and behavioral health helps us to make healthier decisions. Sharing this information contributes to the well-being of the community. The goal is to thrive as a Hispanic and Latino community. Wholesome information is now a click away.

We encourage you to share this document (enter document link here) electronically, or if you prefer you can copy this and share it. This document was produced so that it can be made available at no charge to anyone who uses it. It can also be found at [www.nlbha.org](http://www.nlbha.org) and we encourage you to have it on your website so that it can be shared to even more Latino communities.

# Resources

## I. Grief and Loss in Hispanic and Latino Communities (Infographic)

While loss and grief are universal human experiences, there are specific cultural aspects that must be understood when serving the Hispanic and Latino communities. This infographic covers the manifestations of grief and the various rituals that assist in observing and processing grief according to Hispanics and Latinos' regional and cultural backgrounds. A valuable aspect of this material is the description of traditions and practices according to cultural preferences. Recognizing this rich cultural mosaic can equip one to understand better and process the experience of loss and grief.

<https://pttcnetwork.org/sites/pttc/files/2022-09/PTTCFactSheet-GriefandLoss.pdf>

## II. Suicide Among Hispanic and Latino Communities 2.0 (Booklet)

This booklet is a follow-up to previous infographic materials that address suicide among Hispanic and Latino communities. The information is organized by addressing suicide among Latin women and men. Risk factors and protective factors are highlighted. The relationship between the use of substances and suicide is also explained, as well as the signs of suicide. Practical tips are offered for family members and friends that can assist in preventing suicide. A special section is dedicated to mental health providers and the prevention of suicide. The focus of the booklet is therapeutic, and resources are made available. This compendium of information, guidance, and resources is a helpful tool for preventing suicide.

<https://pttcnetwork.org/sites/pttc/files/2022-07/PTTC%20Mini%20E-book%20Suicide%20Among%20Hispanic%20and%20Latino%20Communities%202.0.pdf>

## III. Webinar: Hispanic Stress and Resilience During the Holidays (Infographic)

Resilience is understood as the resources – both personal and collective, that help individuals and groups to manage the experience of stress. The holiday season can increase the level of stress. This infographic addresses the stress related to acculturation and how it affects Hispanic youth and adults. The symptoms are multiple. A helpful list of suggestions regarding prevention is offered in this infographic. The holiday season is a good opportunity to tap into the cultural resources, assets, and strengths that can help Latinos not only to deal with stress but also to thrive.

[https://pttcnetwork.org/sites/pttc/files/2021-01/NHLPTTC\\_Dec3.pdf](https://pttcnetwork.org/sites/pttc/files/2021-01/NHLPTTC_Dec3.pdf)

NLBHA Mental Health Toolkit Spring 2023 – English Version – [www.nlbha.org](http://www.nlbha.org)

#### IV. Smoking and Vaping in the Americas: Policy Implications for Prevention (Infographic)

The adverse effects of smoking have been addressed for several years already. New challenges to public health are being presented through vaping and the recreational use of cannabis. This infographic provides helpful and evidence-based information regarding the negative consequences of smoking and vaping. It also addresses the use of advertisements in providing disinformation regarding these products.

<https://pttcnetwork.org/sites/pttc/files/2021-05/SMOKING-ENG.pdf>

#### V. Women's History Month: Honoring Latina's Resilience (Booklet)

The current work is an electronic booklet that renders an homage to Latin women and the resilience that characterizes them. Facts and challenges are enumerated, and feminism is addressed as a type of introduction. The challenges that women in general, and Latina women in particular, face are: Covid-19, the use of alcohol, and mental health. Women's personal and collective strength or resilience is highlighted. This resource properly acknowledges Latinas' role in addressing public health issues.

<https://pttcnetwork.org/sites/pttc/files/2022-03/PTTCMiniE-book-English.pdf>

#### VI. Marijuana Prevention Among Hispanic and Latino Youth (Infographic)

Preventing the use of marijuana among Latino and Hispanic youth is the focus of this infographic. The opening part offers a panoramic view of the use of marijuana by young people in the United States. There is a commonly raised question: Why is this a problem? This is addressed clearly and respectfully. You may be surprised by the findings regarding the impact of the Covid-19 pandemic on the use of marijuana. This infographic provides interesting and helpful facts.

<https://pttcnetwork.org/sites/pttc/files/2022-07/PTTC%20Fact%20sheet-%20Marijuana%20Prevention%20Youth.pdf>

## VII. Domestic Violence Prevention Amongst Hispanic and Latino Communities (Booklet)

In a non-stigmatizing language, the issue of domestic violence (DV) among Hispanic and Latino communities is addressed in this booklet. Domestic violence is defined, and its various types are explained. Given that immigrants suffer violence of various kinds, these abuses are addressed in a separate section. Prevention is key. Setting up healthy boundaries is a principal deterrent or preventive measure against DV. Education is likewise key. Raising awareness in the community is another preventative measure. This will also help to know and recognize warning signs. Individuals, families, and entire communities are affected by DV. Raising awareness and taking action to prevent it is a responsibility shared by all. This booklet is a helpful resource.

<https://pttcnetwork.org/sites/pttc/files/2022-09/PTTCMiniE-bookDomesticViolence.pdf>

## VIII. A Deeper Look into Labor and Sex Trafficking in the United States (Infographic)

Human trafficking is a major social problem. This is a worldwide phenomenon that affects women, children, and men. There are different types of trafficking, including those for work and sexual exploitation. The statistics speak for themselves. The information is heart-wrenching. Action is required. Everyone should be involved in raising awareness and working toward eliminating these structures of injustice. This infographic can provide a helpful first step in addressing this issue.

<https://pttcnetwork.org/sites/pttc/files/2022-02/ENG-Trafficking2.pdf>

## IX. What is *Cinco de Mayo* and How does it Affect Hispanic/Latino Communities? (Infographic)

This two-page infographic addresses, in a culturally respectful approach, a popular civic celebration in the Mexican American community – el Cinco de Mayo. The historical account of the celebration is used as the background for the public health issue of the use of alcohol. Reference is also made to Covid-19 and how it intersects with the celebration of Cinco de Mayo and the use of alcohol. Helpful suggestions are made on how one can continue celebrating this historical event in a healthier manner.

<https://pttcnetwork.org/sites/pttc/files/2021-05/PTTC%20Cinco%20de%20Mayo%20English.pdf>

## X. Men's Health Month - Overview (Infographic)

On average, men in the United States die at a rate five years younger than women, which is the sobering fact that introduces this infographic. The cultural elements that further impact Hispanic men, such as the stigma attached to health issues, including mental health, are also addressed. Other factors, such as lack of health insurance, language barriers, culturally based beliefs, and fatalism, help explain the challenges. A strength-based perspective is used to address this social issue. Men are encouraged to care for their mental health, improve nutrition, and increase exercise. Seeking help is a sign of strength.

<https://pttcnetwork.org/sites/pttc/files/2022-06/%28ENG%29%20NHL%20ATTC%20and%20PTTC%20Men%27s%20Health%20Infographic.pdf>

## XI. 988 Suicide and Crisis Lifeline

Too many people experience suicidal crisis or mental health-related distress without the support and care they need. There are urgent mental health realities driving the need for crisis service transformation across our country. In 2020 alone, the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death. This resource contains information about call routing, videos, and fact sheets regarding prevention and mental health resources. Suicide is preventable.

[988 Suicide and Crisis Lifeline | Federal Communications Commission \(fcc.gov\)](#)