

National Latino Behavioral Health Association **NLBHA**

Mental Health Matter: Healthy Minds Start with Awareness



DECEMBER NEWSLETTER

Mental Health Awareness Training Program



Our Services

NLBHA's Mental Health Awareness Training Program plays a crucial role in promoting mental health education, reducing stigma, and connecting individuals to vital resources.

All MHAT training courses offer NAADAC approved CEU's and because these training courses are SAMHSA sponsored, they are free to the public and meet SAMHSA's fidelity standards.

All trainings are offered via zoom, giving access to the most rural communities in the State.

Topics for December

SAD Awareness

Seasonal Affective Disorder (SAD) is a type of depression that occurs during fall or winter due to shorter days and reduced sunlight. Symptoms include sadness, lethargy, appetite changes, and difficulty concentrating. Raising awareness helps those affected know they are not alone and that treatments are available.

Self-Care Tips

- Go for a bike ride or a walk, this will help boost vitamin D levels!
- Connect with friends and family to make tamales or grab a cafecito,
- Practice self-care, you can go to a Spa or Fishing.
- Practice mindfulness take 5 minutes to meditate and 3 daily gratitudes.
- Speak with a professional if the above have not worked out!

Resources

SAMHSA: Seasonal Affective Disorder

National Institute of Mental Health: Seasonal Affective Disorder

UPCOMING TRAINING

December 3, 2024

9am-10:30am MT

Talk Saves Lives (English)

An Introduction to to Suicide Prevention that adresses mental health, suicide, and prevention. This is geared towards Latinx and Hispanic populations and for people who serve Latinx and Hispanic communities.

Registration: <https://bit.ly/4bVLkKT>



December 12, 2024

9am-10:30am MT

Talk Saves Lives (Spanish)

Una Introducción a la Prevención del Suicidio, esta presentación cubrirá lo que sabemos sobre la salud mental y el suicidio, la investigación mas actualizada para las comunidades Latinx e Hispanas.

Registration: <https://bit.ly/4bVLkKT>



National Latino Behavioral Health Association **NLBHA**

DIRECTOR'S CORNER

A Holiday Message of Hope and Wellness

As the holiday season approaches, we are often filled with joy, gratitude, and a sense of connection to those we love. It is also a time that can bring stress, anxiety, and heightened emotions. This season, we encourage you to prioritize your mental health and well-being by practicing self-care, setting boundaries, reaching out, being present to appreciate the small moments, and reflecting on gratitude. Let's also remember that it is OK to NOT feel festive all the time. Acknowledge your feelings, and know that you are not alone. Together we can create a community of support, understanding, and kindness.

Wishing you peace, joy, and good mental health this holiday season and throughout the New Year,

**Raquel Guzman Vega,
MHAT Program Director**

LOCAL EVENTS

December 6, 2024

Mariachi Christmas 2024

Join us for an unforgettable holiday concert in Santa Fe, NM; featuring the incredible talents of Darren Cordova, Dynette Marie, Andrea Michelle, and the vibrant performances of Mariachi Calor and Mariachi Xochitl.

This festive evening will also showcase dazzling folklorico dancers and the heartwarming voices of a children's choir. Celebrate the season at this beautiful bilingual charity event filled with music, culture, and holiday cheer. Don't miss it!

Tickets: \$25 / \$35 / \$45 / \$55

Doors open 6pm

Show starts 7pm



SAMHSA RESOURCES

- [988 Lifeline](#)
- [FindTreatment.gov](#)
- [SAMHSA's National](#)

[Helpline:](#)

[1-800-662-HELP \(4357\)](#)

- [Behavioral Health Equity](#)

[Fact Sheet](#)

STAY CONNECTED

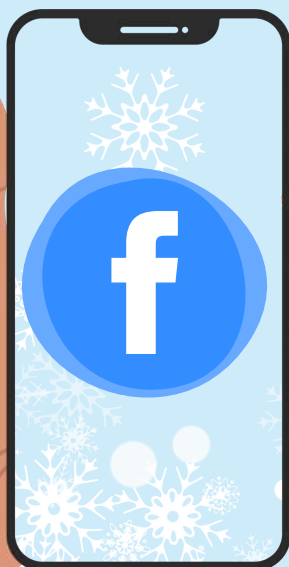
**Sign up to NLBHA Juntos
Network**

Register Here
<https://nlbha.org/juntos/>

For Questions or Comments, please reach out!

mhat@nlbha.org

Click the link to visit us



National Latino
Behavioral Health Association **NLBHA**