



Resources for Organizations Working with Latino Communities

SanaMente is the selected Spanish term for *Each Mind Matters*, California's Mental Health Movement, developed by and with our Latino community in mind. SanaMente highlights the collective efforts of all people and organizations that want to put an end to stigma related to mental illness, promote mental health, prevent suicide, and create communities across California where everyone feels comfortable reaching out for the help and support they deserve. The tagline is a play on words and has a double meaning: the full word means healthily, but the font treatment separates the word to mean Mind-Healthy. It's about our mind, and about our health. We encourage you to share these resources to promote mental wellness and suicide prevention. For more information contact us at: <http://www.sanamente.org/contactanos/>

Mental Health

All of these resources can be viewed and downloaded at SanaMente.org.

- ❖ **Mental Health Fact Sheet:** Depression and substance use are two mental health challenges that are highlighted in the first set of SanaMente Mental Health Fact Sheets. This double-sided hand out can be shared with PEI providers and partners to provide Spanish speaking communities with information about the symptoms and services available to treat these mental health challenges.
- ❖ **Guía de Apoyo Para la Salud Mental:** This brochure includes tips and resources for achieving mental wellness.
 - The brochure can be downloaded as a pdf and hard copies can be ordered from the SanaMente store: <http://www.eachmindmatters.org/product-category/sana-mente-resources/>
- ❖ **SanaMente Myths vs. Facts Poster:** The SanaMente poster dispels the common misconceptions Spanish speakers have about living with a mental health challenge.
- ❖ **SanaMente Fotonovelas and Activity Guides:** The SanaMente fotonovelas have helped introduce concepts about mental health challenges and encourage acceptance through relatable characters and storylines that engage Latino audiences. Each fotonovela is accompanied by a new activity guide to support follow-up discussions with readers about the topics presented in the stories.

View: <http://www.sanamente.org/recursos/sanamente-fotonovelas/>

Order: <http://www.eachmindmatters.org/product/mental-health-fotonovelas/>

- ❖ **SanaMente Store:** A variety of branded outreach materials and give-aways including stickers, water bottles, T-shirts and green ribbon cards can be purchased at the [SanaMente store](#).
- ❖ **Personal Stories (Testimonios):** At www.SanaMente.org/testimonios/ viewers can find five vignettes that share stories of mental health, hope, resilience and recovery from a Latino perspective.
 - [La historia de Cristina](#) shares Cristina's story of how she became a Promotora de Salud to be able to support her children who have experienced mental health challenges.
 - [La historia de Pedro y Jose](#) shares the struggles a family can face when they are unaware of the signs and symptoms of mental illness and suicide (includes English subtitles).

❖ **Additional Resources:**

- An informative 30-minute [Spanish radio podcast interview](#) on mental illness and SanaMente with Dr. Sergio Aguilar-Gaxiola is available on the SanaMente website.
- Conversations with Latino Migrant Workers: A report by UC Davis Center for Reducing Health Disparities identifying the greatest concerns about mental health in the Latino migrant worker community. http://www.dhcs.ca.gov/services/MH/Documents/BP_Migrant_Workers.pdf
- A variety of fact sheets from Disability Rights of California, including:
 - Definitions & Myths: <http://www.disabilityrightsca.org/pubs/CM0402.pdf>
 - A Stereotype that Harms People with Mental Health Challenges: <http://www.disabilityrightsca.org/pubs/CM0702.pdf>
 - People First Language in Mental Health Fact Sheet: <http://www.disabilityrightsca.org/pubs/CM0202.pdf>

Suicide Prevention

- ❖ SanaMente's suicide prevention campaign, Reconozca las Señales, provides a selection of outreach materials including a flipchart, posters, brochures, and posters as well as media material including TV and radio spots, billboards, print and digital ads that can be viewed and downloaded in the Resource Center on www.yourvoicecounts.org. For more information about suicide prevention visit <http://elsuicidioesprevenible.org/>
- ❖ The **Suicide Prevention Lifeline** 1-800-273-TALK(8255) provides 24/7 crisis intervention services from trained counselors at crisis centers throughout California. Callers are routed to the nearest crisis center based on their area code.
 - Crisis line: La Red Nacional de Prevención del Suicidio: 1-888-628-9454

For Youth

- ❖ **Ponte en Mis Zapatos** utilizes real stories from teens and young adults to teach youth about mental health challenges and mental wellness. Similar to its sister campaign in English, Walk In Our Shoes, Ponte en mis Zapatos reduces stigma associated with mental illnesses by debunking myths and educating 9-13 year olds about mental wellness. <http://ponteinmiszapatos.org/>
- ❖ **The Directing Change Program and Student Film Contest** offers young people the exciting opportunity to participate in the movement by creating 60-second films about suicide prevention and mental health that are used to support awareness, education and advocacy efforts on these topics. To view 60-second films in Spanish visit: <http://www.directingchange.org/2017-winners/#Diverse>
 - My Friend Tyler (Spanish Language Film): <https://vimeo.com/162688587>
- ❖ **BuscaApoyo.org** –This site targeted to teens and young adults ages 14-24 includes a series of Spanish-language [fact sheets](#) designed to raise awareness, inform and help start the conversation on mental health.
- ❖ This **fact sheet** provides an introduction to the unique challenges faced by LGBTQ+ Latinx immigrant youth, relevant resources, and best practices in serving this population within a culturally responsive framework.