

## Resources for Organizations Working with Diverse Communities

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Each Mind Matters: California's Mental Health Movement 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. Each Mind Matters has worked with diverse community members to create a range of resources to reflect the cultural and linguistic diversity of the state. For more information visit [www.eachmindmatters.org](http://www.eachmindmatters.org).

Materials can be downloaded in the Resource Center at [www.EMMResourceCenter.org](http://www.EMMResourceCenter.org).

Printed materials can be purchased at the at [www.eachmindmatters.org/shop/](http://www.eachmindmatters.org/shop/).



### EACH MIND MATTERS EDUCATIONAL RESOURCES AND OUTREACH MATERIALS

#### AFRICAN AMERICAN COMMUNITY

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- [Support Guide Brochure for Mental Health in African American Communities](#) details the tools available to members of the African American community who are looking to improve their mental health
- Vignettes that share stories of mental health, hope, resilience and recovery from an African American perspective:
  - [Oscar's Story](#)
  - [Keris' Story](#)
  - [Michelle's Story](#)
- [#MillionsLikeMe Music for Mental Health](#) is a compilation of original music created by young adults in music programs run by non-profit organizations all across California who help young people use music as a tool for better mental health
- [Scarlett's Story](#), an animated teen narrative mental health video designed for youth
- A youth-produced 60-second film "[Pain Never Lasts](#)" about suicide prevention developed as part of the Directing Change Program
- [Suicide Prevention poster designed by and for African American communities](#) encourages community members to learn the warning signs of suicide and reach out to someone they are concerned about. For



more information about suicide prevention visit [www.suicideispreventable.org](http://www.suicideispreventable.org).

## ASIAN AND PACIFIC ISLANDER COMMUNITIES

### In Chinese

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- [Suicide Prevention Poster and Brochure](#)
- [Suicide Prevention Print Ad](#)
- [Mental Health Support Guide for Chinese American Communities 8.5 by 11 \(Traditional, Simplified\)](#)
- Youth-produced 60-second films about mental health and suicide prevention developed as part of the Directing Change Program (with English subtitles):
  - [“Bag of Sadness”](#) (in Mandarin)
  - [“Caged Bird”](#) (in Mandarin)
  - [“A Friend in Need”](#) (in Chinese)
  - [“The Language of Understanding”](#) (in Chinese)



### In Hmong

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- [Suicide Prevention Poster and Postcard](#)
- [Mental Health Terms](#)
- [Mental Health Myths and Facts](#)
- Mental Health Youth Stories of Hope Booklets: [Chamee](#), [Chicheng](#), [Karissa](#), [Koua](#), [Selena](#), and [Seth](#)
- [Depression Radio PSA](#)
- [PTSD Radio PSA](#)
- [Mental Health Stories of Hope Audio](#)
- [Chau Cher's Story](#), a vignette about mental health, hope, resilience and recovery
- [“Lub Neej Muaj Nqe \(Worthy Life\)”](#), a youth-produced 60-second film about depression and cultural beliefs developed as part of the Directing Change Program (with English subtitles)

### In Khmer

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- [Suicide Prevention Poster and Brochure](#)
- [Mental Health Terms](#)
- [Mental Health Myths and Facts](#)
- [Mental Health Mini Documentary](#)
- [Depression Radio PSA](#)
- [PTSD Radio PSA](#)
- [Sam's Story](#), a vignette about mental health, hope, resilience and recovery



### In Korean

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- [Suicide Prevention Poster and Brochure](#), and [Print Ad](#)

### In Lao

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- [Suicide Prevention Poster and Brochure](#)

- [Mental Health Terms](#)
- [Mental Health Myths and Facts](#)
- [Depression TV PSA](#)
- [Depression Radio PSA](#)
- [PTSD TV PSA](#)
- [PTSD Radio PSA](#)
- [Mental Health Mini Documentary](#)



#### In Mien

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- [Mental Health Terms](#)
- [Mental Health Myths and Facts](#)
- Story of Hope booklets: [Annabela](#), [Meuy](#) and [Vincent](#)

#### In Tagalog

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- [Suicide Prevention Poster and Brochure](#)

#### In Vietnamese

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- [Suicide Prevention Poster and Brochure](#)

#### In Japanese

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- A youth-produced 60-second [film](#) in Japanese with English subtitles about suicide prevention developed as part of the Directing Change Program

#### Additional Resources In English

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- Vignettes that share stories of mental health, hope, resilience and recovery from an Asian and Pacific Islander perspective:
  - [Annabelle's Story](#)
  - [Emily's Story](#)
  - [Mai's Story](#), an animated teen narrative mental health video design for youth
- [Suicide Prevention Poster](#)



#### LATINO/A/X COMMUNITIES

##### In Spanish

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- [SanaMente: El Movimiento de Salud Mental de California](#) is a Spanish-language stigma and discrimination reduction social marketing campaign. The website includes in-language mental health information, expert interviews, personal stories, and resources.

- [SanaMente Myths and Facts Poster](#)
- [SanaMente Resource Card](#)
- [Mental Health Guide Brochure](#)
- Vignettes that share stories of mental health, hope, resilience, and recovery from a Latino perspective:
  - [La Historia de Cristina](#)
  - [La Historia de Daniel](#)
  - [La Historia de Mercedes](#)
  - [La Historia de Pedro y Jose](#)
  - [La Historia de Veronica](#)
- [Depression and Alcohol/Drug Abuse Fact Sheet](#)
- A series of fotonovelas (illustrated booklets) on mental health and wellbeing to increase awareness of mental health in Latino families and communities, and an activity guide for providers to help begin conversations on mental health issues:
  - [Education Fotonovela](#) focuses on stigmatizing language in and educational setting
  - [Activity Guide for Education Fotonovela](#)
  - [Faith Fotonovela](#) focuses on depression in a faith setting
  - [Activity Guide for Faith Fotonovela](#)
  - [Health Fotonovela](#) focuses on substance abuse in a healthcare setting
  - [Activity Guide for Health Fotonovela](#)
- “[Reconozca Las Senales](#)” suicide prevention campaign includes:
  - [Suicide Prevention Tent Card](#)
  - [Suicide Prevention Poster](#)
  - [Suicide Prevention Brochure](#)
  - [Suicide Prevention Radio Ad](#)
  - [Suicide Prevention TV Ad](#)
- Youth-produced 60-second films about mental health and suicide prevention developed as part of the Directing Change Program (with English subtitles):
  - [“Inside My Mind”](#)
  - [“La Superacion de Problemas”](#)
  - [“My Friend Tyler”](#)
  - [“Encuentra Tu Voz”](#)
  - [“Escuchen”](#)
  - [“Confidently Anxious” \(in English\)](#)
  - [“Talking Taboo” \(in English\)](#)
  - [“Depression is Serious” \(in English\)](#)



- [MY3 safety planning app](#) helps counselors and health care providers help patients and students create a digital Safety Plan and support network. MY3 is available in English and Spanish. The MY3 safety planning app should only be used by a mental health provider or counselor while they are creating a safety plan with a patient/student.
- [Ponte En Mis Zapatos](#) is a positive way to engage young people ages 9-13 in a conversation about accepting other people's differences and about mental health, with an engaging interactive website (English version at <http://www.walkinourshoes.org>), and includes:
  - [La Historia de Jose](#), an animated teen narrative mental health video design for youth
  - [La Historia de Maria](#), an animated teen narrative mental health video design for youth
  - [La Historia de Sofia](#), an animated teen narrative mental health video design for youth
  - ["Out of Control" Radio PSA](#)
  - ["Nervous" Radio PSA](#)

### Coming Soon!

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- An FAQ sheet for providers working with Latinx immigrant youth who identify as LGBTQ+. Scheduled for release October 2017.

### LGBTQ+ COMMUNITIES

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- Vignettes that share stories of mental health, hope, resilience, and recovery from an LGBTQ+ perspective:
  - [Dennis' Story](#)
  - [Alexandra's Story](#)
  - [Michael B.'s Story](#)
- [Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth](#)
- [LGBT Mental Health and Aging Support Guide](#)
- [Suicide Prevention Interactive Online Ad for LGBTQ Youth](#)
- Youth-produced 60-second films about mental health and suicide prevention developed as part of the Directing Change Program:
  - ["Binary Blues"](#)
  - ["Not Alone"](#)
  - ["Boxed Up"](#)
  - ["Sundays"](#)
  - ["Celebrate"](#)



### Coming Soon!

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## NATIVE AMERICAN COMMUNITIES

- Vignettes that share stories of mental health, hope, resilience, and recovery from a Native American perspective:
  - [Belinda's Story](#)
  - [Janet's Story](#)
  - [Art's Story](#)
- Youth-produced 60-second film about mental health and suicide prevention developed as part of the Directing Change Program:
  - ["Generational Trauma on Indian Country"](#)
  - ["Suicide on Indian Country"](#)
  - ["Yurok, Healing Through Tradition"](#)
- [Cultural and Community: Suicide Prevention Resources for Native Americans in California](#)
- Native Communities of Care brings together California's American Indian & Alaska Native Wellness Movement to work together to support behavioral health and wellness for mind, body, and spirit:
  - [Native Communities of Care Resource Compilation](#)
  - [Native Communities of Care Video](#)



## ADDITIONAL DIVERSE COMMUNITIES

- [Mental Health Support Guide Flyer in Russian](#)
- Youth-produced 60-second film about suicide prevention developed as part of the Directing Change Program:
  - ["The Recovery" in Arabic \(with English subtitles\)](#)
  - ["The Words That Pull Me Down" in Arabic \(with English subtitles\)](#)
- Healthy Mind Happy Life: Understanding Health and Wellness Brochure:
  - [In Dari](#)
  - [In Pashto](#)
  - [In English for Afghans](#)
  - [In Arabic](#)
  - [In English for Iraqis](#)
  - [In Farsi](#)
  - [In English for Iranians](#)
- Suicide Prevention [Brochure](#) and [Poster](#) in Punjabi
- [Suicide Prevention Brochure in Russian](#)

