



SUICIDE AWARENESS AND PREVENTION

Hispanic Heritage Edition:

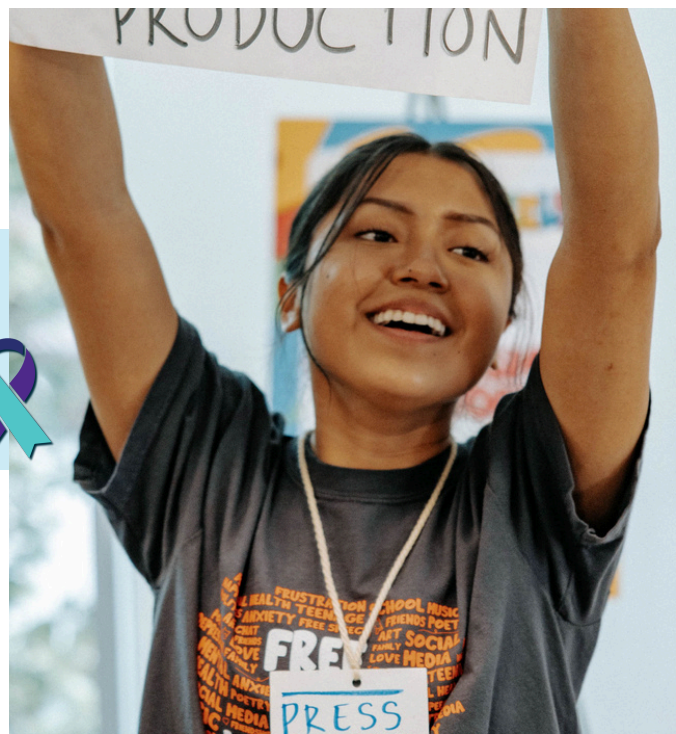
Suicide prevention starts with connection, honest conversations, and knowing that support is available. Everyone faces challenges, and reaching out for help isn't a sign of weakness – it's a sign of strength. You don't have to wait until things feel overwhelming to talk to someone you trust.

According to the CDC's 2023 Youth Risk Behavior Survey, 42% of Hispanic high school students reported feeling persistently sad or hopeless in the past year.

Hispanic and Latino communities also have powerful protective factors that support mental well-being, including strong family relationships, cultural traditions, community support, and a deep sense of identity and belonging. Connecting with and celebrating your heritage can strengthen those connections and support emotional well-being.

Whether you're looking for support for yourself, worried about a friend, or want to learn how to help someone else, there are people who care and resources that can help. Listening without judgment, staying connected, and encouraging someone to seek support can make a difference.

You are not alone, and your life matters. If you or a friend need immediate support, call or text 988 to connect with a trained counselor 24/7.



RESOURCES:



NAMI

National Alliance on Mental Illness

Check out **NAMI's** resources focused on Mental Wellness in Hispanic/Latin American Community.



Provides resources in Spanish to support young people in communities across Georgia.

988 SUICIDE & CRISIS LIFELINE

988 Lifeline ofrece servicios gratuitos en español las 24 horas del día, los 7 días de la semana. No tiene que hablar inglés para recibir ayuda

Explore these trusted organizations:

SEIZE THE AWKWARD



A program of DIDI HIRSCH

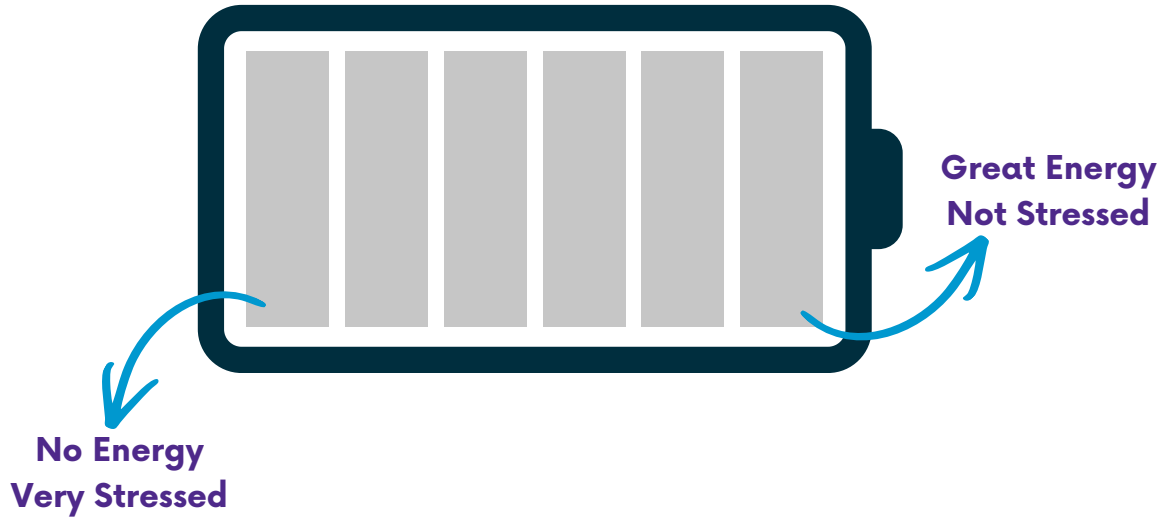


**American
Foundation
for Suicide
Prevention**

ACTIVITY:

How full is your battery today?

Color in this battery to show your current energy or stress level.



Now, it's time to check in with yourself!

What is helping recharge my battery? (examples: friends, music, sports, sleep, hobbies, pets)

What is draining it? (examples: school stress, conflict, social media, lack of sleep)

What's one thing I can do today to take care of myself? (examples: take a walk, text a friend, listen to music, talk to someone I trust)

How does my culture, family, or community help recharge my battery? (examples: a family tradition, cultural celebration, favorite food, or something about your heritage that makes you feel proud.)

Follow for more resources!
[@freeyourfeelsga](https://www.instagram.com/freeyourfeelsga)



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

ACCESS MORE
RESOURCES AT
[FREEYOURFEELS.ORG](https://www.FREEYOURFEELS.ORG)