



HISPANIC HERITAGE MONTH


RESOURCE TOOLKIT



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**HISPANIC
HERITAGE
MONTH**

INTRO



Hispanic Heritage Month, celebrated annually from September 15 to October 15, honors the histories, cultures, and contributions of Hispanics in the United States, including those with Mexican, Spanish, Caribbean, Central, and South American roots.

Hispanic Heritage Month offers a chance to spotlight recent mental health trends within the Hispanic community. It underscores the unique challenges this population faces in accessing proper mental health care and support. Furthermore, mental health issues are often stigmatized within the Hispanic community, causing many to suffer in silence. Suicide is the second leading cause of death for individuals aged 10-14 and 20-34 in the U.S.. While it impacts all ethnicities and genders, there has been a troubling rise among vulnerable groups, including the Hispanic community.



**FOR URGENT SUPPORT TEXT OR CALL 988, OR
CALL OR DOWNLOAD GCAL: 1-800-715-4225**



BACKGROUND



In 2019, suicide was the second leading cause of death for Hispanics aged 15 to 34, and suicide attempts among Hispanic girls in grades 9-12 were 30% higher than their non-Hispanic white peers in the same age group that year. Additionally, a 2021 survey of high school students across the U.S. found that Hispanic and multiracial students were more likely than their Asian, Black, and White peers to experience persistent feelings of sadness or hopelessness.

Given the growth of the Hispanic community in America, now the second largest group after the non-Hispanic White population, and the rise in mental health concerns within this group, we will honor Hispanic Heritage Month by not only celebrating their contributions and valuable additions to our society but also by promoting relevant mental health resources and suicide prevention tools tailored for the Hispanic community. Free Your Feels, in partnership with Ser Familia, aims to increase awareness and access to resources while reducing stigma by providing linguistically and culturally appropriate resources and support.

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FOR EVERYONE



Ser Familia offers counseling services, peer programs, and other mental health services for Spanish-speaking families around metro Atlanta. They have locations in Smyrna, Kennesaw, Norcross, Lawrenceville, and College Park.

ACTION

View a complete list of Ser Familia's programs that help Latino families thrive at: Serfamilia.org



Take a peak into the past 20+ of Ser Familia with this video of CEO Belisa Urbina and Deputy Director & Director of Franchise Operations Miguel Urbina.

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FOR EVERYONE



Georgia State University Psychology Clinic provides high-quality, accessible, and affordable psychological services to all members of the metro-Atlanta community. The Psychology Clinic offers counseling services in Spanish within their specialty clinic Cuenta Conmigo.

ACTION

Contact the GSU Psychology Clinic at 404-413-6229 or visit their website to obtain information for therapy services.



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FOR EVERYONE



Did you know that the National Suicide & Crisis Lifeline is available in Spanish? According to their website, "988 Lifeline offers free services in Spanish 24 hours a day, 7 days a week. You don't have to speak English for help."

PREGUNTAS FRECUENTES

¿Qué tipo de ayuda ofrece la Línea 988?
La Línea 988 ofrece apoyo en español a personas en crisis relacionadas con el consumo de sustancias.

¿Qué servicios ofrece la Línea 988?
Cuando una persona llama a la línea 988, puede recibir apoyo en crisis que incluye recursos. La línea 988 tiene la capacidad de reducir la carga de las líneas locales de emergencia.

¿Cómo puedo contactar a la Línea 988?
Cuando una persona llama, puede decirle a la línea 988 que habla español. También puede usar un dispositivo de texto o chat si usa Internet.

¿En qué idiomas habla la Línea 988?
La Línea 988 ofrece apoyo inmediato en español y otros idiomas relacionados con el consumo de sustancias. Solo un pequeño porcentaje de llamadas requieren interpretación. La línea 988 realiza llamadas de seguimiento a quienes llaman. Esto ayuda a garantizar que todos los casos, en cualquier idioma, reciban el apoyo que necesitan.

¿Cómo funciona la Línea 988?
SAMHSA trabaja con el 911 de manera que la atención de emergencia de SAMHSA y el 911 federal, estatal y local estén mejorando.

Una realidad

988

LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS

A CUALQUIER HORA: De día, de noche y los fines de semana.
POR CUALQUIER RAZÓN: Angustia relacionada con la salud mental. Crisis por consumo de sustancias. Pensamientos suicidas. 988 Línea de prevención del suicidio y crisis está aquí para ayudarte.

Textea al 988 **Llama al 988** **Chatea en linea988.org**

Con solo llamar o textear al 988, o chatear en linea988.org una persona en crisis, podrá comunicarse con alguien que le brindará atención y apoyo compasivos para cualquier angustia relacionada con la salud mental o el consumo de sustancias. Una persona en crisis —no importa quien sea—, o alguien que quiera apoyar a una persona en crisis, puede comunicarse con el 988 en los Estados Unidos a través de cualquier teléfono fijo, teléfono celular y dispositivo de voz por protocolo de Internet.

Con niveles crecientes de ansiedad, depresión, angustia emocional y muertes por sobredosis, es crucial que las personas tengan algún lugar a donde acudir cuando estén en crisis. El suicidio es una de las principales causas de muerte en los Estados Unidos. El número de personas con un trastorno por consumo de sustancias continúa aumentando. La Línea 988 es una vía de acceso directo a recursos y apoyo inmediatos y gratuitos para cualquier persona en crisis.

Y funciona. Alrededor del 98 por ciento de las personas que llaman, chatean o textean a la Línea 988 obtienen el apoyo que necesitan en momentos de crisis, y no requieren servicios adicionales en ese momento. La Línea 988 es una parte clave de un proyecto a gran escala para replantear la atención de crisis en los Estados Unidos. A través de asociaciones federales, estatales, locales y comunitarias, la Administración de Salud Mental y Abuso de Sustancias (SAMHSA, por sus siglas en inglés) se enfoca en una perspectiva en la que todos tengan

A alguien con quien hablar. A alguien que pueda responder y ayudar de la manera adecuada. Un lugar seguro donde recibir ayuda.

SAMHSA
Substance Abuse and Mental Health Services Administration

ACTION

Access Spanish-language information about 988 at 988lifeline.org/es/servicios-en-espanol/




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FOR YOUTH



The Hispanic Star is an organization dedicated to advancing inclusion, equity, and progress for US Hispanics. They offer various mental health resources tailored to the Hispanic community, including infographics and educational materials, data and information on mental health access and services, and relevant partnerships and collaborations.

ACTION



The Hispanic Star has developed a children's toolkit available in both English and Spanish. Dive into five exciting lessons that honor Hispanic culture and its significant impact on our society.



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FOR YOUTH



Mind Art ATL is an initiative started by a psychologist and social worker from Bogota, Colombia. For the last 6 years, she has been serving the Latinx community in the Atlanta Metro area through individual counseling, group therapy, and other wrap-around services. Throughout the month of September, Mind Art ATL will engage the Latino community through art-based activities that address the stigma related to mental health while providing them with evidence-based resiliency tools.



ACTION

Check out their upcoming bilingual events, such as Feelings Fest (on October 6) or Mindful Painting (multiple dates), to express yourself through meditation and art: energyworksatl.com/event-calendar



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FOR YOUTH



A peer group or intervention group may provide the support system you need for emotional support, life skills, decision-making assistance, positive self-esteem guidance, and social companionship.

ACTION

Ser Familia's youth groups offer education, peer support, and training. Find out more and sign up [here!](#)



Youth Programs

As part of our effort to serve all members of a family, Ser Familia offers several interventions to help Latino youth.

RENOVACIÓN JUVENIL



PEER SUPPORT GROUPS



EDUCATIONAL TUTORING



Programas para Jóvenes

Como parte de nuestro esfuerzo por servir a todos los miembros de una familia, Ser Familia ofrece varias intervenciones para ayudar a la juventud latina.

RENOVACIÓN JUVENIL



GRUPOS DE APOYO ENTRE COMPAÑEROS



TUTORÍA EDUCATIVA



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FOR PARENTS & CAREGIVERS



In Georgia, parents and caregivers can access various mental health resources. We will spotlight two organizations that have compiled a list of resources available at both the state and national levels.

ACTION:

The Hispanic Alliance GA has put together a concise list of resources, offering options for those in crisis as well as non-crisis support.



Resilient Georgia has created a webpage that provides brief descriptions of each organization, their contact details, and the services they offer.



These organizations are committed to connecting Hispanic/Latinx communities with culturally relevant care and fostering community resilience.

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FOR PARENTS & CAREGIVERS



Children's Healthcare of Atlanta Strong4Life has a variety of Spanish-language resources for parents. Segmented by topic and age, you can select the most appropriate resource for you and your child.

 <p>Teniendo conversaciones difíciles con los niños</p>	 <p>Horarios de alimentación saludable: niños pequeños</p>	 <p>5 frases que crean comedores quisquillosos</p>	 <p>Alimentación del bebé: 5 preguntas al cuidador</p>
 <p>Enseñando a los Niños Seguridad Corporal</p>	 <p>Previendo el Abuso de Niños y Adolescentes</p>	 <p>Hablar con los niños acerca del racismo y la discr...</p>	 <p>La percepción de un padre Afroamericano sobre el r...</p>

ACTION

Explore [this page](#) for a comprehensive Spanish-language parenting resource bank. For emotional wellness handouts, printables, activities, and more in Spanish, visit [this page](#)



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FOR EDUCATORS & PROFESSIONALS



The Hispanic/Latino Behavioral Health Center of Excellence fosters and sustains behavioral health equity by encouraging community-driven, culturally rooted, and person-centered prevention, intervention, and recovery supports tailored to the diverse Hispanic and Latino community. Peruse their comprehensive resources [here](#).

ACTION

Mental health professionals working with the Latino community often engage with clients' social systems, not just individuals. El Futuro's 2024 Conference, "Nunca Caminamos Solos: Supporting Latine Families Across the Lifespan," will explore how families and social contexts impact Latine clients' mental health. Each 90-minute session will provide practical tools and evidence-based approaches to integrate family systems into client care.



El Futuro's 2024 Virtual Conference

**Nunca Caminamos Solos:
Supporting Latine Families
Across the Lifespan**

September 26 & 27, 2024

REGISTRATION IS OPEN NOW!

El Futuro

The banner is rectangular with a white background and a black border. It features colorful teardrop shapes in red, blue, yellow, and green along the left and right edges. The text is centered and uses a mix of bold and regular fonts.

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FOR EDUCATORS & PROFESSIONALS



The Latino Community Fund Georgia has compiled a comprehensive calendar featuring nonprofit, local, county, and state events that celebrate Latino contributions. Their annual Georgia Hispanic/Latinx Heritage Month Calendar is released every year on September 1st.



ACTION

Explore these upcoming events! Find family-friendly events that adults and youth are encouraged to attend to celebrate and uplift Hispanic Heritage Month!



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QUESTIONS? CONTACT

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