

Pain Isn't Always Obvious



Suicide Is Preventable

## Cultural Adaptations of Suicide Prevention Outreach Materials

Following a collaborative community input process, the Know the Signs suicide prevention campaign developed cultural adaptations of suicide prevention outreach materials to reach helpers in the African-American, the LGBTQ and Spanish-speaking communities as well as eight Asian and Pacific Islander (API) communities throughout California, including the following: Cambodian (Khmer), Chinese (Traditional), Filipino (Tagalog), Hmong, Korean, Lao, Vietnamese and API Youth. In addition, a resource catalog was created to document suicide prevention resources by and for Native Communities.

All campaign materials can be viewed, customized and downloaded in the Resource Center on Your Voice Counts ([www.yourvoicecounts.org](http://www.yourvoicecounts.org))—an online suicide prevention forum designed to facilitate a dialog about suicide prevention in California and to engage stakeholders in the development and distribution of the **Know the Signs** campaign materials. The **Know the Signs** campaign is part of statewide efforts funded by counties through the Mental Health Services Act, formerly known as Prop 63.

Download materials from the Resource Center at [www.YourVoiceCounts.org](http://www.YourVoiceCounts.org)

### The Collaborative Workgroup Process

A workgroup was developed for each cultural group and members were recruited in several ways. Ethnic service managers, CalMHSA program partners and county liaisons were asked to refer community members representing or engaged in outreach to the particular population of focus. In addition, organizations serving the cultural group were contacted directly and provided with a workgroup recruitment flyer. Workgroup members guided the development of the materials through their collaboration and participation in webinars, phone calls and online discussions. Discussions varied by workgroup, but generally included the following topics:

- How the topic of suicide is discussed (or not)
- Who is at risk for suicide and who are the most appropriate helpers in a position to recognize warning signs and offer support
- Existing suicide prevention materials
- Strategies to reach the identified helper

### Language Adaptation

For each API language adaptation, an individual or organization representing the cultural group was contracted to provide the language adaptation based on the content from existing **Know the Signs** campaign materials. They were asked to use the existing English brochure as a guide to adapt the information to be both culturally relevant and linguistically appropriate, without translating the information directly. The language adaptation was then further reviewed by workgroup members and additional community members.

### Design

For each cultural group, an organization in a county with high population numbers of the particular group was contracted to oversee the development process for the language adaptation, the design, focus group testing and to distribute materials locally in their county. The creative process was aided by research into colors, cultural icons and symbols, existing materials and advertisements, and by observing people representing these communities. For each API cultural group, an organization in a county with high population numbers of the particular group was contracted to oversee the development process for the language adaptation, the design, focus group testing and to distribute materials locally in their county.

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California's Mental Health Movement



# Cultural Adaptations At-a-Glance

The Know the Signs campaign developed cultural adaptations of suicide prevention outreach materials to reach helpers in the African-American, the LGBTQ and Spanish-speaking communities as well as eight Asian and Pacific Islander (API) communities throughout California, including the following: Cambodian (Khmer), Chinese (Traditional), Filipino (Tagalog), Hmong, Korean, Lao, Vietnamese and API Youth. In addition, a catalog of existing suicide prevention resources for Native American communities was created.

Available materials vary by cultural group and include posters, brochures, print ads, billboards, online ads, a flip chart, as well as TV and radio spots.



Spanish-speaking



African-American (English)



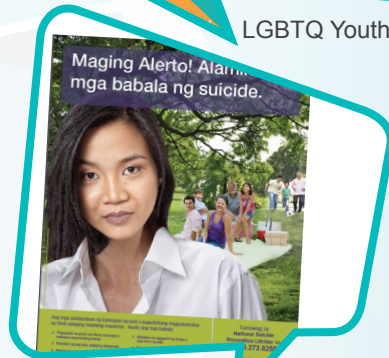
LGBTQ Youth (English)



Cambodian (Khmer)



Chinese (Traditional)



Filipino (Tagalog)



Hmong



Korean



Lao



Vietnamese



API Youth (English)



Native American (English)