



## Resources for Organizations Working with Latino/a/x Communities

**SanaMente:** 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. **SanaMente** has worked with Latino community members to create a range of resources to reflect the cultural and linguistic diversity of the state. For more information visit [www.sanamente.org](http://www.sanamente.org).

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

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

### **SANAMENTE EDUCATIONAL RESOURCES AND OUTREACH MATERIALS**

offers a wide range of Spanish language resources about mental health including fact sheets, expert interviews, personal stories, and resources.

- ❖ [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 José](#)
  - [La Historia de Veronica](#)
- ❖ [Depression and Alcohol/Drug Abuse Fact Sheet](#)
- ❖ [Latinx LGBTQ+ Immigrant Youth](#) is a fully bilingual booklet that addresses the emerging needs of the LGBTQ+ Latinx (the gender-neutral term for Latino/a) youth, whose mental health is influenced by the intersection of their culture, sexual orientation/gender identity, and changes in immigration policy impacting undocumented and mixed-documentation status families. This booklet is designed for providers working with the Latinx youth population.

- ❖ 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 an 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 Señales](#)” suicide prevention website provides information about warning signs, how to start a conversation with someone you are concerned about, as well as resources. Additional resources include:
  - [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 Superación de Problemas”](#)
  - [“My Friend Tyler”](#)
  - [“Encuentra Tu Voz”](#)
  - [“Escuchen”](#)
  - [“Confidently Anxious” \(in English\)](#)
  - [“Talking Taboo” \(in English\)](#)
  - [“Depression is Serious”](#)
- ❖ [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>). The website includes a series of short, animated films about mental health narrated by teens.
  - [La Historia de Jose](#)
  - [La Historia de Maria](#)
  - [La Historia de Sofia](#)
  - [“Out of Control” Radio PSA](#), a public service announcement that encourages youth to learn how it feels to live with a mental health illness by visiting [walkinourshoes.org/ponteenmiszapatos.org](http://walkinourshoes.org/ponteenmiszapatos.org).
  - [“Nervous” Radio PSA](#), a public service announcement that encourages youth to learn how it feels to live with a mental health illness by visiting [walkinourshoes.org/ponteenmiszapatos.org](http://walkinourshoes.org/ponteenmiszapatos.org).

