



HISPANIC HERITAGE MONTH

SEPTEMBER/OCTOBER
2023



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September/October —Hispanic Heritage Month

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**SEPTEMBER 15TH-
OCTOBER 15TH:
HISPANIC
HERITAGE
MONTH**

BACKGROUND



Hispanic Heritage Month is observed from September 15 – October 15 each year and celebrates the histories, cultures, and contributions of Hispanics in the United States (with Mexican, Spanish, Caribbean, Central, and South American ancestry). With that, we also recognize the distinct hurdles this population experiences when seeking appropriate mental health care and support. For many in the Hispanic community, mental health and illness are so often stigmatized, resulting in suffering in silence.

The intersection of Suicide Prevention Month and Hispanic Heritage Month provides a time to shed light on recent mental health trends among the Hispanic population. Suicide is the second leading cause of death for people aged 10-14 and 20-34 in the U.S., and while it impacts all ethnicities and genders, there has been an alarming upwards trend within vulnerable groups such as the Hispanic community. Between 2010 and 2020, the suicide rate among Hispanic adults increased by more than 70%. Additionally, in a 2021 survey of high school students across the U.S., Hispanic and multiracial students were more likely than Asian, Black, and White students to have persistent feelings of sadness or hopelessness.



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



BACKGROUND



Given the growth of the Hispanic community in America, as well as the increase in mental health concerns and illnesses among this community, we'll be recognizing Hispanic Heritage Month by uplifting relevant and responsive mental health resources and suicide prevention tools for the Hispanic community. Free Your Feels, in partnership with Ser Familia, seeks to increase awareness and access to resources as well as decrease stigma in the Hispanic community by offering linguistically and culturally appropriate support.



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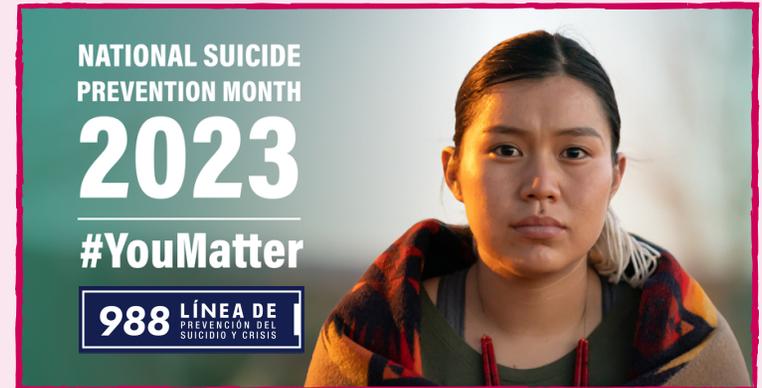
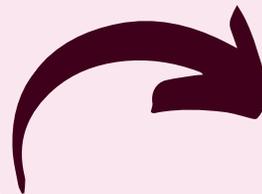
FOR EVERYONE

FREE
your
FEELS™

Did you know that the National Suicide & Crisis Lifeline is now available in Spanish? To celebrate their one-year anniversary in July 2023, the U.S. Dept. of Health and Human Services added Spanish text and chat services to their 988 strategy. Read more [here](#)

TAKE ACTION

Access Spanish-language information about 988 at 988lifeline.org/es/chat/



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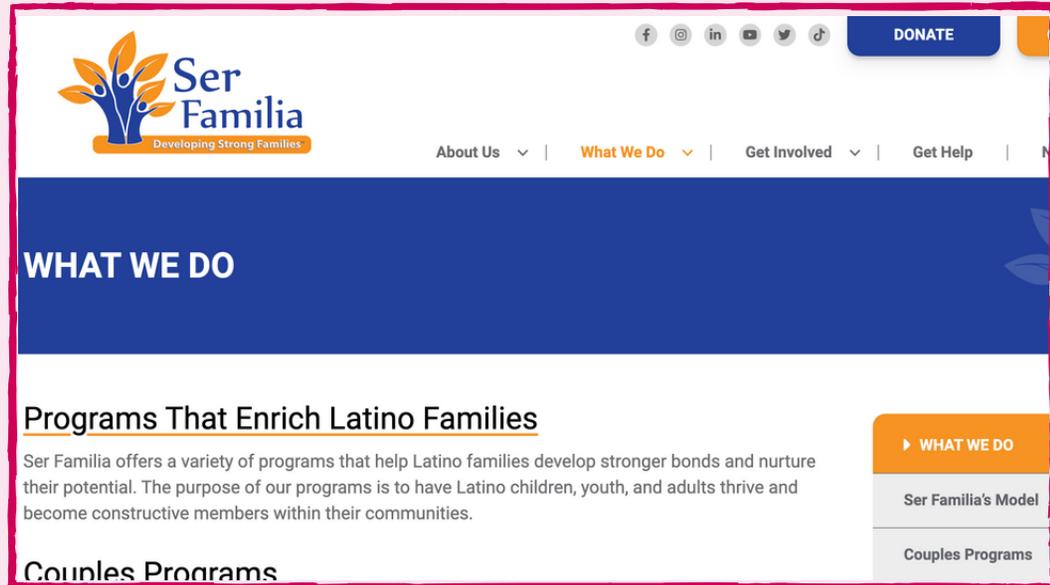
FOR EVERYONE

FREE
your
FEELS™

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.

TAKE ACTION

View a complete list of Ser Familia's programs that help Latino families thrive at serfamilia.org/what-we-do/



FOR EVERYONE

FREE
your
FEELS™

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.

TAKE ACTION

Visit GSU Psychology Clinic at 404-413-6229 or visit their website to obtain specific pricing/fee information for therapy services.



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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.



TAKE ACTION

Check out their upcoming bilingual events, such as Mindful Painting, to express yourself through meditation and art: energyworksatl.com/event-calendar

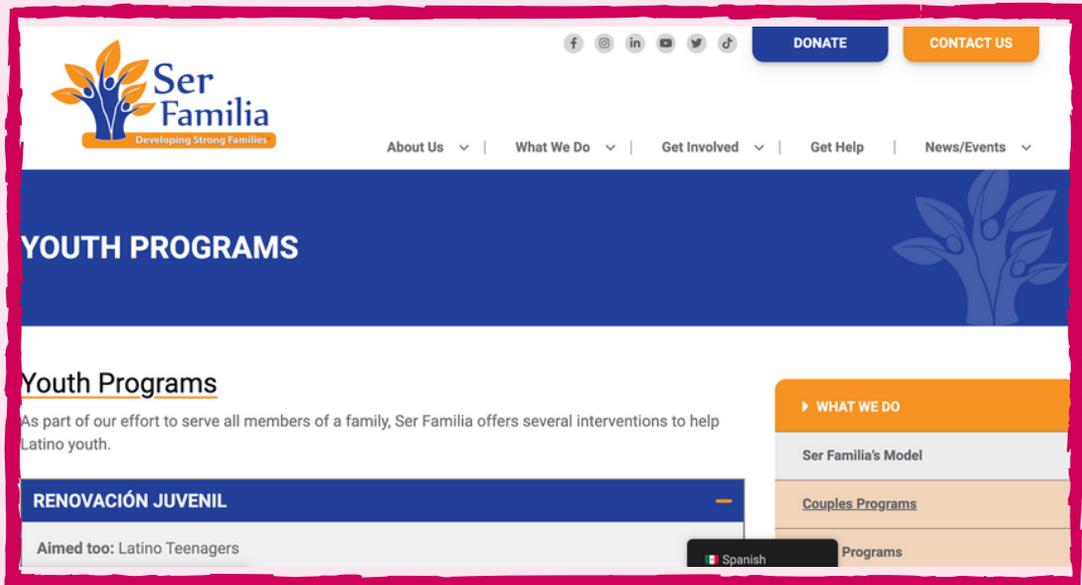


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FOR YOUTH



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.



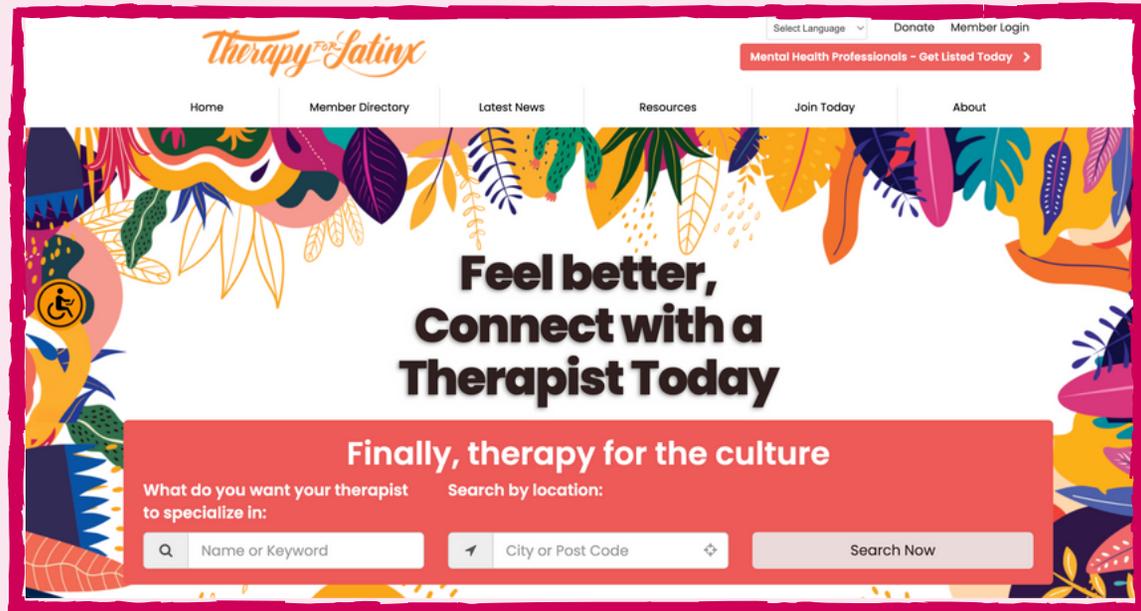
FOR PARENTS & CAREGIVERS



Therapy for Latinx Directory - Georgia provides listings to find therapists who honor the cultural background, provide services with dignity, and can code-switch. Once on the search page, you can filter down options such as gender, payment type, identity, and more.

TAKE ACTION

Visit therapyforlatinx.com/home to begin your search for a culturally and linguistically responsive therapist!



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.

TAKE ACTION

Visit [this page](#) to access a comprehensive resource bank. Visit [this page](#) for Spanish-language emotional wellness handouts, printables, activities, and more.



FOR EDUCATORS & PROFESSIONALS



The National Hispanic and Latino Mental Health Technology Transfer Center Network provides training and technical assistance to the workforce serving Hispanic and Latino communities in behavioral health prevention, treatment, and recovery.



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FOR EDUCATORS & PROFESSIONALS



The Child Mind Institute is another great option for linguistically appropriate resources for families. Explore their topics, ranging from anxiety to trauma, and get equipped on how to best support your students.



TAKE ACTION

Mental Health in the Classroom, available in Spanish, is a webpage designed with you in mind!
childmind.org/es/temas/recursos-para-educadores/



FREE
your
FEELS™

QUESTIONS? CONTACT

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