

IMPORTANCE OF MENTAL HEALTH AND IDENTITY FOR



LATINÉ/ HISPANIC COMMUNITIES



IDENTITY

The Latiné/Hispanic community includes a very diverse group of people from different regions in the world with roots from Mexico, Puerto Rico, Cuba, Central, South America, and other Spanish-speaking countries. Because of the diversity, a sense of identity is important. Therefore, if someone feels a lack of identity, it can add to mental health struggles, such as anxiety or depression.



FAMILY & CULTURE



A strong sense of family closeness is important to the community and its culture. Because of this idea of a "close knit" family, most families look to religion to handle or address mental health issues. While being around family is important to the culture, there is still a stigma around discussing mental health struggles.

ANXIETY

Anxiety can come in many forms and can be overwhelming if you can't recognize the stressors or basic signs. Even though the community may not recognize signs of worry as anxiety, physical symptoms like heart palpitations, difficulty breathing, and tremors can be signs of anxiety and should be taken seriously.



DEPRESSION

Depression can be caused by various stressors like being held to extremely high standards, pushed to work hard, told to uphold more traditional cultural norms, or told to not speak Spanish in public to avoid experiences of judgment or discrimination. Possible signs of depression include: continued bouts of sadness, sleep issues, or lack of interest in daily activities.



STIGMAS

One of the biggest stigmas surrounding mental health in the community is the need to silence mental health struggles so as not to appear weak or "crazy". Therefore, it's important to decide each day to acknowledge your own mental health journey regardless of the internal hesitation to keep things private. There is power in speaking about mental health and you never know who else may be dealing with the same feelings.



RESOURCES

Check out these helpful resources to learn more about the [Latiné/Hispanic community](#) and additional support opportunities such as our free [Peer-To-Peer Spanish Community](#). For more information visit www.adaa.org.