



Dear Mental Health Advocate,

In the United States, 1 in 5 Latinos experienced a mental health challenge during the past 12 months. With proper treatment, 70-90% of individuals living with a mental health challenge can and do recover. However, Latino's are least likely to seek treatment for a mental health challenge due to multiple barriers which include stigma, language proficiency, health insurance coverage, and legal status.

SanaMente is dedicated to reducing mental health stigma and providing tools and resources to engage the Latino community in the mental health movement. The SanaMente strategic council has developed new Spanish language resources to help Latino communities raise mental health awareness and seek help when needed. These materials have been prepared considering the cultural and linguistic needs of California's Latino community.

We are proud to introduce these Spanish language resources at SanaMente.org where you will find:

- A new vibrant website where you can learn about the [5 common mental health challenges](#) faced in the Latino community. These include depression, anxiety, suicide prevention, trauma, and substance abuse.
- [Guía de apoyo para la salud mental](#): a mental health support guide with tips and resources for achieving mental wellness. This support guide can be downloaded and printed for you to share with your family, friends, and community.
- [SanaMente Fotonovelas and Activity Guides](#): The SanaMente fotonovelas have helped introduce concepts about mental health challenges and encourage acceptance through relatable characters and storylines that engage Latino audiences. We're excited to introduce the new activity guides for each fotonovela storyline to help you start conversations about mental health with your loved ones and members of your community.
- [Mental Health Fact Sheet](#): Depression and substance use are two mental health challenges highlighted in the first SanaMente Mental Health Fact Sheet. In this double-sided fact sheet, you will find the symptoms and services available to treat these mental health challenges. The fact sheet can be easily downloaded and printed for you to reference or distribute in your community.
- [SanaMente "Myths vs. Facts" poster](#): The SanaMente poster dispels the common misconceptions Spanish speakers have about living with a mental health challenge. We encourage you to print the poster and display it in your home, office, or community center.

These resources can be easily downloaded, printed, and disseminated for use. We hope that you will use these materials in your Latino outreach and engagement efforts, and utilize them to start conversations about mental health.

Please continue to visit SanaMente.org to receive the latest updates, tools, and resources to keep advocating for a better mental health and well-being in our Spanish-speaking communities.

Sincerely,

The SanaMente Strategic Council

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