From NAMI:

The Hispanic/Latinx community in the U.S. is very diverse, including people from many different nations and regions of the world. Individuals of Mexican, Puerto Rican, Cuban, Central American and South American descent have been part of the American cultural tapestry for centuries. As with any community, the mental health needs and experiences of Hispanic/Latinx people vary among subgroups.

While there is great diversity, there are some shared cultural factors that connect people regardless of ancestry or national origin.

- Indigenous roots are a source of pride
- A large portion of this community speak Spanish, but also Portuguese
- Shared connection of religious affiliations, strong family bonds, connections to extended networks
- “Familismo,” a cultural foundation that emphasizes connectedness and a strong attachment and duty to one’s family

Important Facts

35.1% of Hispanic/Latinx adults with mental illness receive treatment each year compared to the U.S. average of 46.2%.

17.0% of Hispanic/Latinx people in the U.S. live in poverty (compared to 8.2% of non-Hispanic whites)

20.0% of nonelderly Hispanic people have no form of health insurance

Cultural humility is necessary to provide quality care.

If your preferred language is not English, let the office staff know when you schedule your appointment.

When meeting with a provider, it can be helpful to ask questions to get a sense of their level of cultural awareness. Here are some sample questions:

- Have you treated other Hispanic/Latino people?
- Have you received training in cultural competence or on Hispanic/Latino mental health?
- How do you see our cultural backgrounds influencing our communication and my treatment?
Finding a Therapist

**Therapy for Latinx**  
https://www.therapyforlatinx.com/  
A database of therapists who either identify as Latinx or has worked closely with and understands the unique needs of the Latinx community.

**Latinx Therapy**  
https://latinxtherapy.com/  
A database for Latinx individuals seeking a diversity of mental health and wellness resources, courses and workshops. The website also offers a national directory to help find a therapist and navigate the patient/client-menthal health provider journey.

**Psychology Today**  
A directory of Hispanic/Latinx therapists across the U.S.

**Mental Health America’s Resources for Latinx/Hispanic Communities**  
https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health

**Ser Familia**  
https://serfamilia.org  
The mission is to offer preventive family services and equip Latinos with the tools, resources, and skills they need to move from crisis to thriving.

**National Alliance for Hispanic Health**  
https://www.healthyamericas.org/  
Provides services to more than 15 million LatinX people throughout the U.S. Its members provide services to more than 100 million people every year.

General Resources

**NAMI - La salud mental en la comunidad latina**  

**Mental Health America Latinx/Hispanic Communities**  
https://mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol

**Latin American Association**  
https://thelaa.org

**Georgia Center for Child Advocacy, Hispanic Outreach**  
https://georgiacenterforchildadvocacy.org

**Energy Works ATL**  
1215 Hightower Trail, Atlanta, GA 30350, Off. (678) 379-7034  
https://www.energyworksatlga.com

Books to Read

*The Color Of My Mind: Mental Health Narratives from People of Color* by Dior Vargas

*My Broken Language: A Memoir* by Quiara Alegría Hudes

*Culturally Responsive Counseling With Latinas/os* by Patricia Arredondo

*American Like Me: Reflections on Life Between Cultures* by America Ferrera

*En Comunidad Lessons for Centering the Voices and Experiences of Bilingual Latinx Students* by Carla España, Luz Yadira Herrera

*The Power of Latino Leadership: Culture, Inclusion, and Contribution* by Juana Bordas

*What Happened To You* by Dr. Bruce Perry and Oprah Winfrey