

Mental Health & Wellness Toolkit



Latinx Health Board & CHBC

Acknowledgments

"Many hands make light work." — Ancient idiom

The Latinx Health Board (LxHB) and Community Health Board Coalition (CHBC) wellness and mental health toolkit would not have been possible without the support of the following people. We owe an enormous debt of gratitude to those who lent their time, energy, and expertise.



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Introduction

Created in 2017, the LxHB will provide opportunities for Latinx-led community-based organizations and community leaders to come together to identify community needs, collaborate on connecting our community members to health resources, develop research projects that identify health disparities that Latinx community members face, advocate for community health needs through a community-driven health policy agenda, and provide community members, in particular youth, with career opportunities.

Formed in 2017, the Community Health Board Coalition (CHBC) is a Black, Indigenous, and people of color (BIPoC) led organization with the aim to improve health outcomes of communities of color in Washington state through community-led research, policy, and systems change. Recognizing that mental illness is a significant public health crisis that disproportionately impacts BIPoC communities, mental health emerged as a priority for research, policy, and organizing in 2018.

The LxHB and CHBC Mental Health Toolkit is a direct result of the LxHB's focus on mental health in Latinx communities and CHBC's focus on mental health in BIPoC communities. It is designed to be a resource to help those interested in holding a conversation about mental health and wellness. **In partnership with the CHBC, LxHB has refashioned this mental wellness toolkit to meet the needs of the Latinx community.**

The creation of the toolkit was done to help reduce health disparities and improve outcomes in the Latinx communities in Washington state. The mission of the LxHB is to create:


- Meaningful partnership development with health systems and community organizations.
- Influence policies and decisions that impact Latinx residents by enabling community members to become civically engaged.
- Advocate for systems changes in partnership with other communities experiencing health disparities.
- Provide culturally congruent health education to Latinx community members.
- Mentor Latinx youth to become health care professionals.

About the Latinx Health Board (LxHB) and CHBC

As a coalition of 15 health boards, the CHBC aims to build a foundation for sustainable, racially just, and equitable health systems and policies to enhance BIPoC communities' interface with health care services in the state of Washington. This foundation is firmly rooted in equity and racial justice while bridging historical and present-day health inequities. We believe these efforts will result in transformative health care system changes informed by our communities' experiences, knowledge, and leadership.







The Latino Community Fund of Washington has been working with various community partners since November 2014 to coalesce around a shared vision of lifting the voices of Latinx communities in Washington state and the need to engage policy and decision makers collaboratively to have a stronger collective voice. Through this work, a Latinx Equity Agenda has been published to highlight the collective needs and priorities of the Latinx community across the state. One of the key areas of focus that came from the Latinx Equity Agenda is health, which is why we are expanding this work to develop the Latinx Health Board to act as the entity that will represent these voices.

In June 2016, Seattle & King County Public Health convened key leaders from the Latinx community to address the social determinants of health and understand the intersections of emergency preparedness and health for Latinos in King County. It was recommended that attendees reconvene for further community-driven discussions, with the goal of having this work primarily supported by a community organization such as the Latino Community Fund (LCF).

Today, we are inviting you to join the Latinx Health Board (LxHB). After many conversations with key community leaders, community dialogues with community members at large, and one-on-one meetings with representatives from various institutions, we are ready to take the next step to bring our collective voices together. Join our network of Latinx community leaders, nonprofit organizations such as the CHBC, and professionals working together to advocate for improved health policies.

The CHBC's 15 community health boards include:

- Afghan Health Initiative
- African American Health Board
- African Leaders Health Board
- Afro Descendant and Indigenous Health Board
- Cham Health Board
- Congolese Health Board
- Eritrean Health Board
- Ethiopian Community Health Council
- Filipino Health Board
- Iraqi/Arab Health Board
- Khmer Health Board
- **Latinx Health Board**
- Pacific Island Health Board
- Somali Health Board
- Vietnamese Health Board

About the LxHB & CHBC mental health & wellness toolkit

To learn more about how BIPOC communities in King County experience mental health, in 2019, the CHBC, LxHB, and its member health boards conducted a mental health needs assessment. As a result, 291 people living in King County were interviewed to determine collective mental health priorities. *Everything is Medicine: Community Health Board Coalition Mental Health Assessment* is a culmination of the CHBC's community-led research, collective stories, and consequent policy recommendations.

The LxHB & CHBC Mental Health & Wellness Toolkit draws upon the rich data gathered from the mental health assessment. It provides a jumping-off point by presenting data and facts about common mental health concerns, root causes of poor mental health in BIPOC communities, a path forward through policy recommendations, how to promote awareness, early identification, and resources for support.

For example, the data that was collected noted concerns around:

- Anti-immigration policies and raids.
- People are not doing things that could be good for their health because they are afraid. For example, children will not eat the school lunch, people won't take advantage of health benefits they are entitled to.
- Migration resulting in stress.
- Immigrants who are fleeing pro-Trump states travel to Washington and bring their fear with them.
- Socialization of children replicating their parents' anti-immigration behaviors.
- Little to no access to medical care such as a doctor.
- Daily life stressors.
- Autism: belief that it is caused by vaccines or something in the environment.
- Lower life expectancy.
- Worsened health due to economic inequalities that have resulted in choosing between food and medicine.

One size does not fit all. To reach its full potential and to have impact in the community, the mental health and wellness toolkit has been readapted to meet the needs of the Latinx community.

Mental health, wellness, & BIPOC communities

What is mental wellness, health, and mental illness?

The World Health Organization defines **mental wellness** as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” [1].

We all have **mental health** as it is “the foundation for emotions, thinking, communication, learning, resilience, and self-esteem.” Additionally, mental health is essential to relationships, personal and emotional well-being, and to being a contributor in society. Thus, we all need to invest in our mental health just as much as our physical health [2].

According to the American Psychiatric Association, mental illness is a health condition that may affect your mood, thinking, emotions, and behavior, or a combination of these. Mental illnesses are prevalent, and in a given year, 19% of U.S. adults, regardless of age, sex, race/ethnicity, religion/spirituality, experience some type of **mental illness** [2].

Mental illnesses, just like physical illnesses (diabetes, back pain), are real and can be managed through appropriate therapeutics. Community support, medication, talk and group therapy, nutrition, and other lifestyle changes can positively affect mental health and wellness [2],[3]. Keeping up one’s mental health requires time and effort. **The more you invest in your mental health and care for it, the stronger it will become.**

Mental health and BIPOC communities

For BIPOC communities, to be in good health is to be in balance with all our relations: with ourselves, our relatives, and the places we call home. To have good mental health is to have the ability to create and maintain this very balance [4].

While we strive to restore balance to our lives and communities, BIPOC communities in the U.S. suffer high rates of health inequities, including mental illness. These health inequities result from the unequal distribution of power and resources and are not attributed to any inherent trait, gene, or individual choice. Within the western biomedical system, options for mental health treatment for BIPOC communities are significantly limited. Centuries of medical racism have eroded trust between BIPOC communities and medical providers. Institutional and systemic racism have excluded and pushed BIPOC communities out of medical professions, resulting in a near absence of culturally-grounded and community-based medical providers and approaches to health and healing [4].

Because of these realities, the importance of racially just and culturally grounded approaches to restoring mental health for BIPOC communities is paramount. This process begins here. By critically engaging and understanding our BIPOC communities’ mental health, we can start to demand and build a racially just and culturally grounded mental health care system in Washington state.

Everything is medicine for us. Our family, our community, how we work together is medicine because it keeps us healthy. Without these things, we stop being who we are. We stop being strong as family and as community. — CHBC Member

Mental health concerns in LxHB & CHBC communities

The 2019 report, *Everything is Medicine: Community Health Board Coalition Mental Health Assessment*, required each of the 12 participating community health boards to collect their data. Some decided on individual interviews, while others held focus groups or community meetings. Below are the common mental health concerns identified from the synthesized data [4]. Thirty-eight percent of Latinx adults in Washington state reported poor mental health [14].

Anxiety

Feeling overwhelmed with worry or fear. For example, being afraid of deportation or immigration enforcement. In Washington state, Latinx anxiety has increased since the onset of the pandemic [17].

Western biomedical definition: Intense, excessive, and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating, and feeling tired may occur [5].

Anxiety for not speaking the language [English]. — Latinx Community Member

Depression

Sadness, feeling tired or unable to do things you usually enjoy, missing family and friends. For example, being separated from family and deeply missing them may cause you to sleep all the time and/or not want to take care of personal hygiene. In Washington state, Latinx depression has increased since the onset of the pandemic [17].

Western biomedical definition: A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life [6].

Being so sad that your heart doesn't allow you to enjoy life or does not allow you to live life normally. — Latinx Health Board Community Member

Historical trauma

Feeling concerned or sad about things that have happened to your family or ancestors in the past. Losing your connection to your home country. For example, your children or grandchildren no longer speak Spanish but instead speak the dominate English language. Anti-Hispanic actions, unsupportive policies, and racism throughout American history has resulted in historical trauma for Latinx people [18].

Western sociological definition: Historical trauma is the cumulative, multigenerational, collective experience of emotional and psychological injury in communities and in descendants [7], [8].

It's the colonization or loss of language among immigrants, children of immigrants over time. — a different Latinx Health Board Member



There is a lot of intersectionality of trauma. We came from a very traumatized culture...historical trauma, way back with thousands of years of fighting. And moving forward, we already have a layer of issues. Then you add on a layer of coming to America; you add the layer of cultural differences – the whole acculturation stress. So, you begin to see the dynamics between the parents and children because they have different acculturation. Then you layer in socio-economic. People come over here and there are role loss. There are people who were once generals or big people, but now they are here, there is a lot of role loss. And then you add in a layer of racism and discrimination. And so, it makes for a really nice mess.

— Vietnamese Community Member

Post-traumatic stress

Constantly feeling sad, anxious, nervous, or fearful because of events, or intrusive memories of events, that were scary. For example, if you saw someone being beaten then you would have these memories stuck in your head even when you don't want them to be there and you're trying to think of something else. Latinx and Latinx immigrants in the United States may be at higher risk for PTSD [15].

Western biomedical definition: A mental illness that's triggered by a terrifying event — either experiencing it or witnessing it [9].

There are East African immigrants and refugees who still have bad dreams about the life they run away from and come to the U.S. The strong sense of isolation, agony, and insecurity continue in the U.S. — Eritrean Community Member

Substance use

Using alcohol or other drugs to cope with stress. For example, being so stressed about being separated from family that you try to forget or reduce your feelings by depending on alcohol or drugs to numb yourself. In the United States, "7.1% of Hispanic Americans have a substance use disorder, compared to a rate of 7.4% among the total population" [16].

Western biomedical definition: The excessive use of psychoactive drugs, such as alcohol, pain medications, or illegal drugs [10].

When we immigrated to the U.S., we became secluded in our own environment through language barriers, lifestyle differences, and in exchange, we picked up on U.S. habits that we did not understand, like alcohol. In the islands, it is for the rich or it's used for celebration, but with constant access in the states and since the potency is 20-30 times stronger, it leads to addiction, and then family discipline turns into abuse.

— Pacific Islands Community Member

Suicide

Having thoughts of killing yourself, wanting to kill yourself, or wanting to sleep and not wake up. In Washington state, the second leading cause of death for Latinx children one to eighteen is suicide [14].

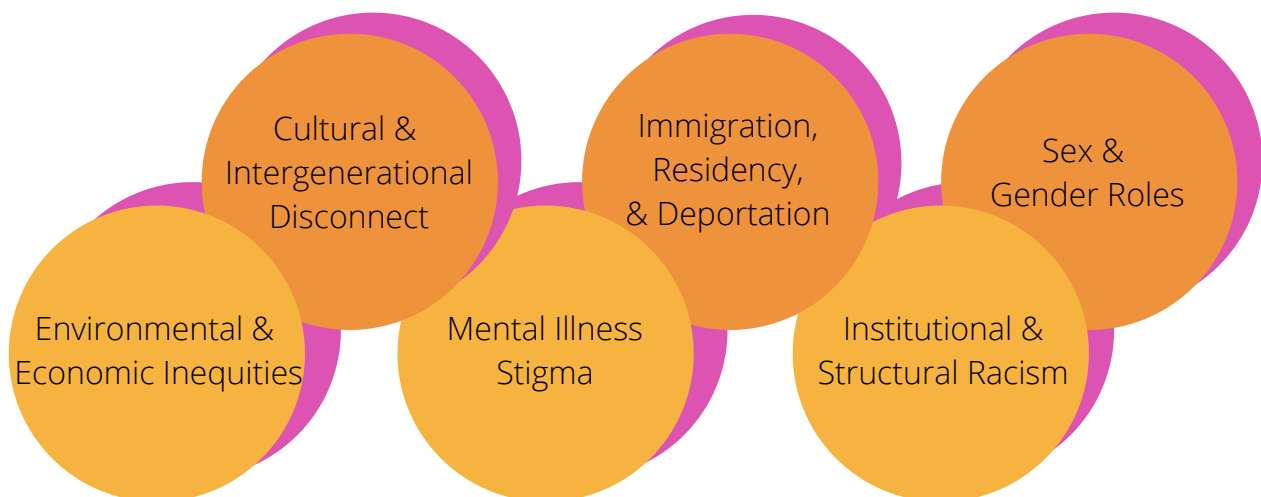
Western biomedical definition: Death caused by self-directed injurious behavior with intent to die as a result of the action [11].

For example, looking at the things and places around you and trying to figure out how you might use it to take your life. — a different Latinx Health Board Member

Causes of mental health concerns in LxHB & CHBC communities

Findings from the LxHB & CHBC mental health assessment and continued engagement from our communities indicate that health and health outcomes, including mental health, are intricately tied to the social, economic, and environmental conditions that shape the spaces where members of our communities live, work, and play. The different societal conditions and social characteristics – race, ethnicity, socioeconomic status, language spoken at home, level of education – alone do not determine one’s health. Still, they do significantly shape the health care-seeking behaviors of individuals [4].

Leading causes of poor mental health include:



These underlying social determinants of health contribute significantly to ongoing health inequities. Moving towards positive and equitable health outcomes means investigating and addressing these causes of mental health concerns at the micro (community) and macro (national, through policies, etc.) levels.

Signs of poor mental health in LxHB & CHBC communities

Drawing from the results of the 2019 LxHB & CHBC mental health assessment, we must pay close attention to our communities' mental wellbeing as it is continuously being challenged. Additionally, we must be aware of compounding events that negatively affect BIPoC communities' mental health, such as pandemics, police brutality, environmental disasters, culture differences, etc.

Leading causes that can contribute to poor mental health:

- Language barrier
- Lack of Insurance
- Misdiagnosis
- Mental health stigma
- Cultural barriers
- Social isolation or loneliness
- Experiencing discrimination and/or stigma
- Severe or long-term stress
- Unemployment or losing your job
- Loss of identity within the community and family

Basic warning signs of poor mental health include:

- Feeling sadness, hopelessness, worthlessness, or that everything is an effort all or most of the time
- Confused thinking or reduced ability to concentrate
- Being worried or fearful all the time
- Feeling guilty all the time
- Withdrawal from friends, family, and community
- An extended period of negative mood
- Many physical complaints (i.e., headaches and stomach aches)
- Lack of interest in regular hobbies, activities, or pastimes
- Change in hygiene, lack of personal self-care
- Frequent outbursts of anger, aggression
- Punctuated adverse life events (loss of a job, etc.)
- Changes in sexual behavior/ risky sexual behavior (unsafe sex, multiple partners)
- Abuse of alcohol and or drugs
- Self-injury or self-destructive behavior (i.e., cutting, burning, hair pulling, etc.)
- Thoughts of or preoccupation with death or suicide

If any of these symptoms persist over time, please seek help to care for your mental wellness and prevent mental illnesses. Often your medical doctor can make a referral to a mental health professional who can support you with healthier life skills and address some of the physical manifestations of mental troubles.

Ways to improve mental health during an appointment:

- Remove the language barrier by requesting a translator.
- Ask your medical doctor for the mental health provider's contact information.
- Bring your parent, spouse, or cousin to your appointment.
- Ask If you can bring your child, and if so, ask whether there is a play area for them while you visit with your therapist or if your child is allowed to remain with you.
- Ask your medical doctor or mental health provider to give you more information on the biological underpinnings of mental health diagnoses.
- Ask your medical doctor or mental health provider if they offer cultural navigators to help support culturally competent treatment.

Decreasing barriers:

- Ask your medical doctor or mental health provider if they offer virtual appointments. This may be a helpful option If you have limited mobility, lack of transportation, do not have time to travel to an appointment during work hours, or lack childcare options.
- Work with your doctor and mental health provider in having your medications delivered directly to your home. This may be a helpful option if you have limited time throughout your day.
- If you need support with transportation, consider contacting HopeLink and request transportation to your medical appointments. The fee for transportation may be reduced or free depending on the type of insurance you have. You may also be able to ask your medical provider to arrange transportation as they have greater access to resources.
- The King County CARES Act Child Care Financial Assistance Program may be able to support you with free childcare for up to four months if you meet their requirements.

What to expect when your child accesses mental health support

One in six children need mental health support. Common mental health diagnoses are depression, anxiety, and conduct disorder (a type of behavioral problem). A child who is 13 years old or older may get a mental health evaluation and treatment for mental health services without their parents' agreement or approval. Children 13 years or older have the right to receive services in the environment that is most supportive with the most freedom available to them given their mental health needs. A child is admitted for inpatient (they stay at the hospital) treatment only if the mental health evaluator of the hospital agrees that there is the need for it. Parents are then told within 24 hours what the hospital decides. Children who enter the hospital voluntarily can let the hospital know that they would like to leave at any time, and if they are safe, then they are allowed to do so. If parents would like to bring their child to get evaluated, the child's agreement is not required. Parents can bring their children to their medical doctor, inpatient and outpatient organization, E&T, and/or substance use disorder treatment program.



Caring for BIPoC communities' mental health

A path towards positive mental health

The path towards positive mental health will require a racially just and culturally grounded mental health care system, and we all play a part in achieving this vision [4].

Our findings identify **five key factors that would improve mental health concerns** in LxHB & CHBC communities [4]:

1. Environmental and economic justice.
2. Investing in our cultural/ancestral medicines and ways of healing.
3. Strengthening relationships across generations.
4. Culturally grounded mental health resources and access.
5. Undoing institutional and systemic racism.

System work must be accompanied by individual work. Mental health promotion, mental illness de-stigmatization, and prevention are critical approaches for BIPoC communities to address mental health issues before they become mental illnesses.

Asking for support

BIPoC communities are more likely to have poor mental health due to structural and institutionalized racism. Unresolved collective trauma can result in emotional and psychological wounding over the lifespan and across generations [10]. The risk of our communities' unresolved collective trauma is substantial due to a constellation of both historical and present-day factors that make accessing mental health services significantly difficult for BIPoC communities. **Consequently, living with a mental illness is not a weakness, and asking for support is a show of strength** [3], [12].

It is not Is easy, but the first important step is to tell someone how you are feeling. Being vulnerable to a trusted family member or friend will enable you to have the support you need to begin your healing journey.

Having the conversation

Caring for mental health is gaining traction in BIPoC communities, and more spaces are being created to address these specific stressors. Alternatively, turning to anonymous hotlines and services can be beneficial as you get more comfortable asking for support.

People or organizations to ask for support:

- A trusted family member
- A supportive caregiver
- A supportive friend or community member
- A community leader/faith leader
- A community health care worker
- A counselor
- A primary care provider
- A professional therapist

Who to have the conversation with:

- Gives good advice when asked and needed.
- Respects your privacy and can be trusted.
- Allows you to talk freely about your feelings and emotions without judging, teasing, or criticizing.

Having the conversation as a trusted confidant

To be trusted is a significant and honorable responsibility, and your friend/family member in need trusts you to make space for them as they share and ask for support.

Helpful strategies for having conversations with someone who may be in distress:

- Ask how they want to be supported moving forward. For example, who do they consider to be a member of their support circle? Once they identify someone they trust, support them by helping them contact this person. Bear in mind that there are limitations to your role and be sure to follow your employer's policies and procedures.
- Listen actively and without judgment.
- Silence is okay; give them time to think before sharing.
- Be genuine and empathetic.
- Give hope but refrain from making promises you can't keep.
- Don't problem solve but offer to help look for resources that may be helpful.

Improving BIPOC communities' mental health

Mental health is a public health crisis that disproportionately affects BIPOC communities in the U.S. While we strive to restore balance to our lives and communities, mental health in BIPOC communities is the heart of this journey.

Tips to improve individual and community mental health:

- Get involved with organizations advocating for racially-just and culturally grounded approaches to restoring mental health.

- Seek out traditional healing practices rooted in your culture.
- Develop a healthy routine (eat and sleep well, exercise, connect with others).
- Ask for help, and do not give up!

The future of BIPOC communities' mental health

The LxHB and CHBC dreams of a world where the mental health of BIPOC communities is not an afterthought. A world where racism and oppressive forces are dismantled, paving the way for context-specific, tailored mental wellness care for communities in need. The LxHB and CHBC are creating such a world.

We must work together to care for our individual and community's mental wellness and health. These resources are not exhaustive but a starting point to get the aid you may need [12], [13].

How to call a mental health agency

1. Research what type of therapist you would like to see. For example, would you like to see a therapist who focuses on treating depression or trauma? Go to the therapists' or mental wellness organization's website and see if it's a good fit for you.
2. Once you know the therapist or organization you would like to go to, call and ask if they are taking new patients. If they are, ask how far out the first appointment will be before you are seen.
3. If you have insurance, ask if they take your insurance. If you do not have insurance, ask how much the sessions will cost and if they do sliding-scale (sliding-scale is when the therapist makes an exception and lets you pay what you can afford).
4. Next, schedule with the therapist or organization and ask your supervisor for time off from work (if necessary) and/or find childcare. If possible, see if you can take the day off so that you can focus on your own healing as some therapy sessions can surface difficult memories or thoughts.
5. If you are in crisis while waiting for an appointment, call a hotline or the Crisis Clinic for support (phone numbers are on the following pages).

How to choose a therapist

There are a lot of types of therapies. Your doctor may recommend a therapy type, but the choice is yours. If you choose a therapist and they are not what you are looking for, you are able to choose a different therapist and no longer see the one that you do not like working with. If you have a type of therapy that you would prefer, you can find a therapist that practices that type.

The therapist you decide to see should be one who you can be honest with and speak to about the problems that you are having. If you feel like the therapist is judging you, then we encourage you to find a new therapist.

As you choose a therapist, think about these things:

- What types of issues do you want to speak with them about?
- Are there specific traits that you would like a therapist to have? For example, do you want to see a female therapist or male therapist, and do you want them to speak Spanish or English during therapy?
- How much can you afford for each therapy session?

If you are being assigned a therapist in a community mental health company or an in-patient/out-patient company, you are still able to decide who you see. One question to think about is will the therapist fit your schedule? Each therapist has different openings and different schedules. You can choose a therapist who is available when you are. If the therapist isn't someone who you feel like you can speak with honestly, if your schedule changes, or if their therapy type isn't a good fit for you, you can choose someone else. This is a normal thing to do.

When to end therapy

You will know it's time to end therapy when you've completed all of your goals, or you do not believe that you can meet these goals with your current therapist. During your time with your therapist, you may find that new goals develop. That is perfectly fine. However, when you are no longer working on these goals and you go to therapy to socialize, you may consider ending therapy.

Your mental health rights

- If your doctor says no to prescribing you medications: You are allowed to ask them to make a note in your chart that you requested medication and they said no.
- Your counseling notes: You are allowed to read the notes that your doctor and mental health counselor write about you.
- Medical procedures: You are allowed to say "no" to any service and to switch to a different doctor or therapist.
- To learn more about your rights, visit: hca.wa.gov/health-care-services-supports/behavioral-health-recovery/client-rights

Domestic violence

Julieta Barcaglioni (2021) writes that Latinx who experience domestic violence may also face more hurdles than others in the same situation [1a]. For example, if there is a language barrier then the person may:

- Become more isolated.
- Not be able to access services or understand what they include.
- Not be able to have resources written in their language.
- Have limited access to people who speak the language and understand the culture.

If there are verbal threats in the relationship then the person may:

- Fear deportation.
- Fear being separated from their children.
- Not understand their rights and immigration law.
- Fear that the laws in their country might be the same in the U.S.

If the person values family and community over safety they may experience:

- Grief and loss of their community.
- Confusion over domestic violence shelters cultures.
- Have a sense of failure for not being able to keep the family together.

To make a lasting change, community members may benefit from education around healthy relationships and the law, having resources in Spanish and indigenous languages, having professionals with a deeper cultural understanding, and having trained peers who are equipped to provide support. To learn more about domestic violence in Latinx communities, visit the links below and go to the last few pages of the toolkit.

- Habla español? Working with Spanish-speaking victims/survivors in a rural setting: nsvrc.org/sites/default/files/Publications_Habla-Espanol-Working-with-Spanish-speaking-Victims.pdf
- Latinas and intimate partner violence: nationallatinonetwork.org/images/Facts_and_Stats_IPV_in_Latinas_Final.pdf
- Safe Harbors: safeharborsc.org/blog/safe-harbor-voice/domestic-violence-in-the-hispanic-community
- Working with Latina women exposed to domestic violence: latinodv.org/docs/Working%20with%20Latina%20Women%20Exposed%20to%20Domestic%20Violence.pdf

Mental health and wellness tools

Mental health support

- Consejo: consejocounseling.org
- DAWN: dawnrising.org/get-help
- El Centro De La Raza: elcentrodelaraza.org
- King County Sexual Assault Resource Center: www.kcsarc.org/en/services/therapy
- La Esperanza: laesperanzahcs.org
- Latinx Therapy: latinxtherapy.com
- MEND: mendseattle.com
- NAMI: nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx
- Peaceful Soul Healing: peacefulsoulhealing.com
- Psychology Today: psychologytoday.com/us/therapists/hispanic-and-latino/wa/king-county
- Puentes: puentesseattle.org/contacto-1
- SeaMar Adults: seamar.org
SeaMar Children and Families: seamar.org/king-bh-bellevue-family.html
- Seattle Children's Hospital: seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/patient-family-resources
- Teenlink: A free helpline for teens and those who care for them.
Call or text 1-866-833-6546, or visit teenlink.org
- Therapy for Latinx: therapyforlatinx.com
- Zero to Three: zerotothree.org/resources?type=espanol

Hotlines

- Crisis Line: 1-866-427-4747
- Friendship Line: Trained volunteers offer a caring ear and friendly conversation for adults age 60 and older and adults living with disabilities. Call 1-800-971-0016
- NAMI Help Line: 1-800-NAMI or in a crisis, text "NAMI" to 741741
- National Eating Disorders Association Helpline: 1-800-931-2237
- National Domestic Violence Hotline: 1-800-799-7233
- Domestic Violence Services Snohomish County: 425-252-2873
- National Suicide Prevention Lifeline: 1-800-273-8255
- SAMHSA Disaster Distress Helpline: Spanish-speakers can call and press "2" for bilingual support. Interpretation is also available in over 100 other languages: 1-800-985-5990 or by texting "TalkWithUS" to 66746
- Washington Recovery Help Line (substance use): 1-866-789-1511
- Washington Trafficking Help: 1-888-373-7888

Community resources

- Affordable Internet Plans: seattle.gov/tech/services/internet-access/low-cost-home-internet-access-for-residents
- Cascade Behavioral Health Charity Care: Discounted Support: cascadebh.com/about/charity-care-policy



- Child Mind Institute, How to work with your child's therapist: childmind.org/es/articulo/como-trabajar-bien-con-el-terapeuta-de-su-hijo
- Compass Health Mobile Crisis Outreach Team: Community based outreach team with the ability to respond to and provide crisis services in the community. Serves Skagit, Island, San Juan, and Whatcom counties: Call Crisis Response Services at 1-800-584-3578
- Court Interpreter Services, King County: kingcounty.gov/courts/superior-court/interpreter-services.aspx
- DESC Mobile Crisis Team: Receive a referral from first responders, Crisis Connections, or Designated Crisis Responders for mental health support. Serves King County: Call Crisis Connections at 206-461-3222
- Entre Hermanos: entrehermanos.org
- Gay City, Seattle's LGBTQ Center: gaycity.org
- GoodRx: A website to search for coupons and discounts on your prescription drugs: goodrx.com
- Gracie Seattle Trauma-Informed Jiu-Jitsu: gracieseattle.com
- Help with care tasks: strugglecare.com/resources/#therapy
- Hopelink: Transportation: hopelink.org/need-help/transportation
- Information About Mental Health: mentalhealth.gov
- InterConnection Low-Cost Laptops: connectall.org
- King County Behavioral Health Supported Employment Network: 206-263-9000
- King County CARES Act Child Care Financial Assistance Program: childcare.org/family-services/pay-for-care.aspx
- NAMI, Mental Health Crisis Support: nami.org/Your-Journey/Family-Members-and-Caregivers/Being-Prepared-for-a-Crisis
- National Gang Center: nationalgangcenter.ojp.gov/legislation/washington
- Northwest Immigrant Rights Project: nwirp.org
- Patient Safety Plan: suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_St StanleySafetyPlanTemplate.pdf
- Rainbow Center: rainbowcntr.org
- Perinatal Support Washington: <https://perinatalsupport.org/en-espanol>
- Seattle Government, Office of Immigrant and Refugee Affairs: Free legal clinics and consultations for DACA applicants, financial assistance for DACA renewals, mental health resources for DACA recipients: seattle.gov/iandraffairs/issues-and-policies/daca#local
- Culturally Adapted CBT: mha.ohio.gov/Portals/0/assets/FamiliesChildrenandAdults/For%20Deaf/HispanicandLatino/Culturally.Adapted.CBT.Latino.Adolescent.pdf?ver=2019-01-28-081944-800
- Suicide Prevention Resource Center: sprc.org
- Translator Services, King County: kingcounty.gov/depts/finance-business-operations/procurement/for-government/awarded-contracts/translator-interpreter.aspx
- United We Dream, Mental Health Resources: unitedwedream.org/tools/toolkits

- Jasper, cancer care organizer: hellojasper.com
- Mindfulness Mamas: play.google.com/store/apps/details?id=com.mindfulmamasclub.mmc
- MindShift: anxietycanada.com/resources/mindshift-cbt
- Moodfit: getmoodfit.com
- MoodMission: moodmission.com
- NOCD, effective care for OCD: apps.apple.com/us/app/nocd/id1063365447
- PTSD Coach: ptsd.va.gov/spanish/ptsdcoach_app_SP.asp
- QuitThat!: cozyapps.com/quitthat
- Relax with Andrew Johnson Lite: andrewjohnson.co.uk
- Shine: theshineapp.com
- SleepScore: sleepscore.com
- Sober Grid: sobergrid.com
- The Tapping Solution: thetappingsolution.com
- Whatsup?: play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&hl=en_US%E2%89%B7=US

Podcasts

- En La Sala: enlasala.com
- Latina to Latina: latinatolatina.com
- Latinx Therapy: latinxtherapy.com/podcast
- Locatora Radio: locatoraradio.com
- My Latinx Life: mylatinxlife.com
- Super Mamas: supermamas.com
- The Latinx Mental Health Podcast: latinxmhpodcast.com
- Wait, Hold Up: waitholduppodcast.com
- Yeah, No I'm Not OK: laist.com/podcasts/yeah-no

Art, books, films, food, & music: A short list

- Art: artsandculture.google.com/story/UwLya4mLMXwijg
- Books: nbcnews.com/news/latino/best-latino-books-n1250818
- Cookbook: Latin America: amazon.com/Latin-American-Cookbook-Virgilio-Martinez/dp/1838663126/ref=asc_df_1838663126
- Films: nytimes.com/article/latino-movies.html
- Food: webstaurantstore.com/blog/1790/6-traditional-spanish-foods-for-hispanic-heritage-month.html
- Music: billboard.com/photos/6546212/most-influential-latin-artists
- Latino/a Healing Practices: Mestizo and Indigenous Perspectives: amazon.com/Latina-Healing-Practices-Indigenous-Perspectives/dp/0415954207
- Voices from the Ancestors: Xicanx and Latinx Spiritual Expressions and Healing Practices: amazon.com/Voices-Ancestors-Spiritual-Expressions-Practices/dp/0816539561

Traditions

- 6 Notable Mexican Traditions: benitosmexican.com/news/6-unique-mexican-traditions
- Cuban Culture: theculturetrip.com/caribbean/cuba/articles/7-traditions-only-cubans-can-understand
- Dominican Republic Culture: dominicanabroad.com/dominican-republic-culture-traditions
- Latin American Festivals: en.wikipedia.org/wiki/Category:Latin_American_festivals
- Puerto Rico Culture: discoverpuertorico.com/things-to-do/culture
- South America's Festivals: chimuadventures.com/blog/2015/12/south-americas-top-5-most-inspiring-cultural-festivals

Connect to a counselor: Low, cost, no cost, and insurance covered options

- The Community Health Access Program (CHAP): Connects you with the care you can afford. Interpreters are available. Call 1-800-756-5437, visit kingcounty.gov/CHAP, or email CHAP@kingcounty.gov
- Washington Counselors of Color Directory: Provides counseling and therapy from providers who understand the specific needs of people of color and various cultures: multiculturalcounselors.org
- Open Path Collective Therapy: Providers offer sessions for individuals, couples, and families between \$30 and \$60: openpathcollective.com
- Latinx Therapists and Speakers: latinxtherapy.com
- Talk Space: try.talkspace.com
- Better Help: brightside.com

Types of mental disorders

- Adults: verywellmind.com/a-list-of-psychological-disorders-2794776
- Children: cdc.gov/childrensmentalhealth/spanish/conditions.html

Common types of therapy

Acceptance and Commitment Therapy (ACT) People accept their inner emotions and accept that their feelings are normal responses that should not stop them from living their lives.

Adlerian Therapy People are in therapy for a short time, have goals that they are working towards, and use positive thinking to work on growing as a person.

Animal-Assisted Therapy This therapy uses animals to help people in therapy.

Applied Behavior Analysis (ABA) The therapy focuses on improving behaviors that the person wants to improve in their life. For example, the therapy can focus on improving social skills, reading, communication, hygiene, job skills, and much more.

Art Therapy Focuses on using art such as painting, coloring, drawing, and other art forms to help people show how they are feeling and what they are thinking.

Attachment-Based Therapy Both the person and therapist look at the person's attachment to their parents or caregivers and how it impacted their ability to have healthy relationships as adults.

Bibliotherapy The use of books and therapy to support a person's mental health.

Biofeedback In therapy the person is trained to control parts of their body to manage their mental and physical conditions.

Brain Stimulation Therapy The use of magnets or electrodes in the brain or on the scalp to treat mental health disorders.

Coaching Focuses on the positive parts of a person's life to help a person reach their goals. This is typically offered by non-therapists.

Cognitive Behavioral Therapy (CBT) Short-term therapy that believes that the way a person thinks affects how they feel, how their body responds, and what action they take.

Cognitive Processing Therapy (CPT) CPT teaches a set of skills to help people challenge their negative thoughts and take control over how these negative thoughts impact their lives.

Cognitive Stimulation Therapy People with dementia are given themed activities to help their minds stay active and to help them stay connected to their friends and family.



Compassion-Focused Therapy This therapy is typically used with people who have shame and self-criticism. It teaches the person to have compassion and self-compassion.

Culturally Sensitive Therapy The person's ethnicity, religion, and background is respected in therapy and the therapist does their best to better understand it to support the person they are working with.

Dialectical Behavioral Therapy (DBT) Skill based therapy that helps a person with mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance.

Eclectic Therapy A therapist who uses different types of therapy to help a person. For example, they may use DBT and Compassion-Focused Therapy to help a person with depression.

Emotionally Focused Therapy Short-term therapy that looks at attachment patterns and helps the person learn to form healthier relationships.

Existential Therapy This type of therapy focuses on free will and search for meaning to help the person make good choices in their lives.

Experiential Therapy The person uses activities such as acting, music, and animal care to relive certain feelings from their past and current relationships.

Exposure and Response Prevention Helps people who are stuck in rituals or activities get out of these loops.


Expressive Arts Therapy Uses many different types of art to create change in a person's life. Different from art therapy which uses just one type of art to help a person.

Eye Movement Desensitization and Reprocessing Therapy (EMDR) Uses tapping, body movements, and eye movements to lower the number of bad feelings a person has about a past traumatic life event.

Family Systems Therapy A family is able to solve their problems with their each other by understanding how their actions affect one another.

Feminist Therapy Develops healthy mental health by talking about the problems that women face i.e. of their gender. For example, not being paid the same as men or men making unwanted comments about their body.

Forensic Therapy Mental health evaluation, intervention, and any kind of treatment for people who have done crimes.



Gestalt Therapy Focuses on the here and now. People may be asked to re-enact what happened to them to better understand how their negativity is making them unhappy.

Gottman Method Focuses on making couples happier in their relationships by using The Gottman for Healthy Relationships work.

Human Givens Therapy Looks at the here and now and the therapist offers practical advice.

Humanistic Therapy Looks at the whole person and focuses on the positive parts of themselves to create change.

Hypnotherapy A person is put in a trance to help them look at the resources within themselves to make changes in their lives.

Imago Relationship Therapy A type of couples counseling to help people understand how their childhood affects them in the here and now.

Integrative Therapy or Holistic Therapy Uses different types of therapies to cover any gaps that are missing when using just one type of therapy.

Internal Family Systems Therapy Looks at the influence that a person's family had or has on different parts of their personality.

Interpersonal Psychotherapy Treats a person's strong mood changes so that they have better relationships and can have positive social activities.

Jungian Therapy Encourages the person to talk about the parts of their mind that they know and the deeper parts that they don't know to feel better.

Marriage and Family Therapy A person looks at the behaviors of everyone in the family and how they affect them and everyone else.

Mentalization-Based Therapy Well-known treatment for personality disorder. Therapy type that asks a person to understand the difference between their emotions and others so that they can understand how it influences their decisions.

Mindfulness-Based Cognitive Therapy Uses meditation and breathing exercises to help a person stop negative thinking.

Motivational Therapy Short-term therapy that helps a person understand their motivation to change their behaviors and live healthier lives. Commonly used for addiction treatment and health problems like diabetes.

Multicultural Therapy Focuses on helping a person understand how their culture, race, ethnicity, gender, income, religion, and disabilities impact their mental health.

Music Therapy Uses music to help a person live a healthier life. For example, a person may listen to a song and say how it makes them feel.

Narrative Therapy A person tells stories about their lives to understand how their own skills can be used to handle problems in their lives.

Neuro-Linguistic Programming Therapy Uses language and the five senses to improve the person's communication skills and helps them better understand themselves.

Neurofeedback A computer program that gives a person information about their brain activity so that the person can retrain their brain.

Parent-Child Interaction Therapy (PCIT) The person learns new skills to help them interact better with their child.

Person-Centered Therapy (Rogerian therapy) The therapist helps the person better understand that they have the answers to their problems within them and can make change.

Play Therapy Helps children use play to express their feelings and mental wellbeing.

Positive Therapy A person uses their strengths to create more balance and health in their lives.

Prolonged Exposure Therapy People talk about bad and hurtful, thoughts, memories, and things that happened to them to help them get better.

Psychoanalytic Therapy Sigmund Freud's theories are used to help a client understand how their earlier life stages have impacted their life.

Psychodynamic Therapy A type of talk therapy where the focus is on the person's world.

Psychological Testing and Evaluation Mental health tests to help the person understand what their diagnosis is and what type of help would be useful.

Rational Emotive Behavior Therapy People identify harmful thoughts that they have about themselves and replace them with healthier beliefs.

Reality Therapy The present is talked about to improve relationships and life.

Relational Therapy Our relationships with others are important for our wellbeing.

Sandplay Therapy A person uses sand, toys, and sometimes water to create a world that shows how they are feeling, what they are thinking, and what they are worried about in their lives.

Screening, Brief Intervention, and Referral to Treatment (SBIRT) Is typically used to help with drug and alcohol problems by helping the person quickly understand what their problem is so that they can use their own motivation to change.

Social Recovery Therapy Helps a person improve their social skills and helps them get more involved with their friends and family. Typically used to help with schizophrenia.

Solution Focused Therapy Solutions to problems are found in the here and now and the person uses what they know to make changes in their lives.

Somatic Therapy The person looks at the connection between their mind and body to heal all parts of their lives.

Strength-Based Therapy Helps a person use their own strengths to overcome life problems.

Structural Family Therapy Treats the family as a whole rather than just one person at a time.

Therapeutic Intervention A person who is unable to get help has other people who care about them step in and help. For example, if a person has a drug problem but doesn't think that they do that person's family may talk to them about it and try to get them help.

Transpersonal Therapy People explore their spiritual self to create change in their lives.

Trauma-Focused Cognitive Behavior Therapy People experience really bad things in life, and this affects them now and later. This type of therapy helps them change their unhelpful and negative thinking that resulted from these bad experiences.

Natural healing approaches

Consult with your doctor before attempting.

Affirmations

Affirmations are short, powerful statements that you create that allow you to control your thoughts. For example, if you have negative self-talk you can use affirmations to positively change your thought patterns towards healthier self-talk. An example of an affirmation is "I am strong and powerful," "I am enough," or "My needs matter."

Breathing exercises

- **Alternate nostril breathing:** Sit in a comfortable position and put your right hand on your right knee. Bring your left thumb to your left nostril and close it. Breathe in through your right nostril. Next, use your pointer finger to close your right nostril and breathe out through your left nostril. Continue with this pattern for two minutes.
- **Belly breathing:** Lay on your back with your head on a pillow and your knees bent. Place one hand on your chest and the other on your stomach. Slowly inhale keeping your chest still and your stomach pressing into your hand. Purse your lips and as you exhale, tighten your stomach muscles while keeping your hand on your chest still.
- **Breath focus technique:** Lay or sit in a comfortable position. Think of one word that helps you relax. Next, think of this word and breathe deeply. When you exhale, let out a loud sigh. Continue doing this for 10 minutes working your way up to 20 minutes.
- **Deep breathing:** Sit or stand in a comfortable position and draw your elbows back so that your chest is open. Breathe deeply through your nose and hold your breath for five seconds. Slowly let your breath out through your nose.
- **Lion's breath:** Sit in a comfortable position and press your palms against your knees. Spread your fingers so that they are cupping your knees. Breathe in deeply through your nose, open your eyes very wide, and open your mouth wide and stick out your tongue. Try to make your tongue touch your chin. When you breathe out make a "ha" sound. While doing all of this make your eyes look at the end of your nose or at your eyebrows. Do these breaths two or three times.
- **Pursed lip breathing:** Keep your neck and shoulders relaxed as you breathe in through your nose for two seconds and out through your pursed lips for four seconds. Practice this for four to five times.
- **Resonate breathing:** Breathe in for five seconds and breathe out for five seconds. Do this for a few minutes.
- **Sitali breath:** Sit in a comfortable position and stick your tongue out. Bring the edges of your tongue together so that your tongue is curled. Inhale through your mouth and out through your nose. Do this breath exercise for five minutes or less.



Free worksheets

- Acceptance and Commitment Therapy (ACT): thehappinesstrap.com/upimages/Complete_Worksheets_2014.pdf
- Anger: therapistaid.com/therapy-worksheets/anger/none
- Anxiety: therapistaid.com/therapy-worksheets/anxiety/none
- Cognitive Behavioral Therapy (CBT): therapistaid.com/therapy-worksheets/cbt/none
- Depression: therapistaid.com/therapy-worksheets/depression/none
- Dialectical Behavioral Therapy (DBT): therapistaid.com/therapy-worksheets/dbt/none
- Grief and Loss: therapistaid.com/therapy-worksheets/grief/none
- Historical Trauma: therapistaid.com/therapy-worksheet/what-is-trauma
- Oxford Mental Health Resources: oxfordclinicalpsych.com/page/504/forms-and-worksheets
- Post Traumatic Growth (PTG): positivepsychology.com/post-traumatic-growth-worksheets
- PTSD: psychpoint.com/mental-health/worksheets/ptsd-worksheets
- SMART Recovery for substance use: smartrecovery.org/lifestyle-balance-pie
- Sleep: positivepsychology.com/sleep-hygiene-tips
- Sleep Diary: <https://www.sleepfoundation.org/sleep-diary>
- Stress: therapistaid.com/therapy-worksheets/stress/none
- Suicide and Self-Harm: therapistaid.com/therapy-worksheets/suicide/none

Grounding exercises

Grounding is a type of coping skill that your therapist supports you with learning so as to have healthier reactions to life. It is meant to help you center yourself in the present. Here are some resources to support you with getting started in building your grounding skills:

- Healthline: healthline.com/health/grounding-techniques
- Living Well: livingwell.org.au/well-being/mental-health/grounding-exercises
- University of Rochester Medical Center: urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx

Mindful eating

When you pay attention to your food, on purpose and without judgment, you are practicing mindful eating. You can focus on the texture of the food, the color, the temperature, etc. This is helpful for those who are wanting to create healthier eating habits.

Movement

Exercise has been shown to increase mental wellbeing and good chemicals in the body. Some great movements that increase mental wellbeing can be dancing, walking, hiking, and gardening.

Nutrition

What you eat affects how you feel. When you eat healthy your body creates "good" bacteria which lets your body create healthy neurotransmitters. Neurotransmitters help you feel happy. Unhealthy foods like sweets can lower neurotransmitters in the brain which can lead to depression and mood swings. Eating healthy can help you have fewer mood changes, a happier outlook on life, and a better ability to stay focused.

Find a list of foods that can help you feel better on Aetna's website: [aetna.com/health-guide/food-affects-mental-health.html](https://www.aetna.com/health-guide/food-affects-mental-health.html)

Qi Gong & Tai Chi Videos

- Beginning: [youtube.com/watch?v=lyINAjEoTIs](https://www.youtube.com/watch?v=lyINAjEoTIs)
- Intermediate: [youtube.com/watch?v=sERTvCCuPIQ](https://www.youtube.com/watch?v=sERTvCCuPIQ)
- Advanced: [youtube.com/watch?v=fibtrZ7F0cw](https://www.youtube.com/watch?v=fibtrZ7F0cw)

Sleep troubles

Sleep is a big part of keeping your mental health strong. To learn more about ways to improve your sleep hygiene, please follow the link to the Sleep Foundation. Here, you can learn more about different tips on how to help yourself increase positive sleep habits:

[sleepfoundation.org/insomnia/treatment/what-do-when-you-cant-sleep](https://www.sleepfoundation.org/insomnia/treatment/what-do-when-you-cant-sleep)

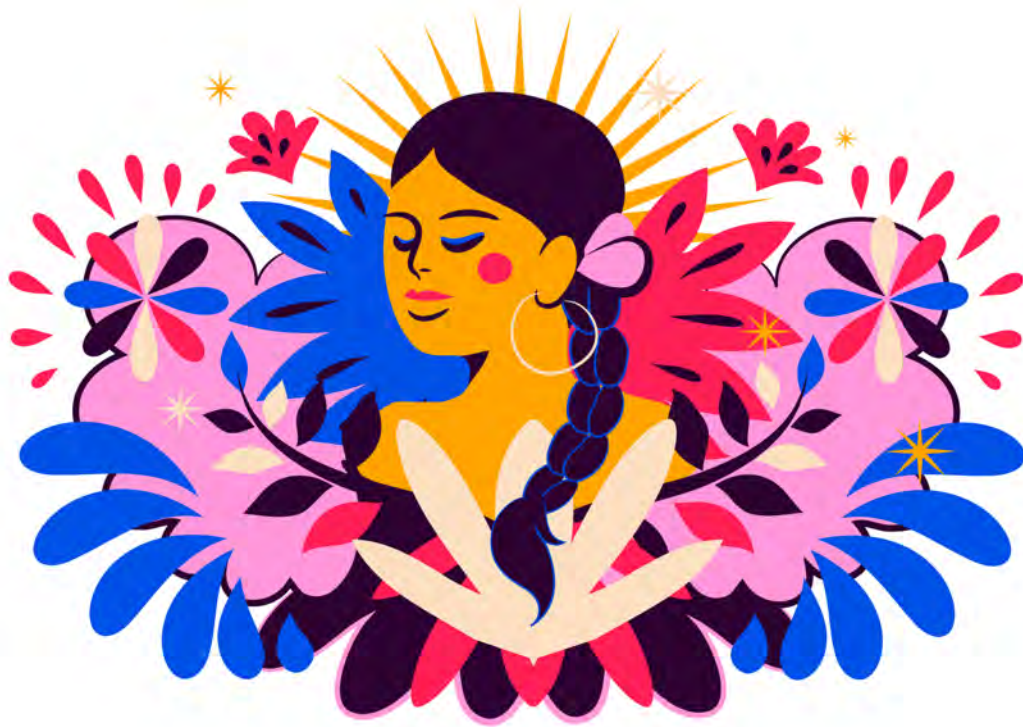
Essential oils

Be careful when trying new oils, they may cause an allergic reaction.

- Bergamot may reduce stress and anxiety
- Cedarwood may relieve stress and depression
- Chamomile may relieve anxiety and depression and increase motivation
- Frankincense may relieve stress, pain, and depression
- Ginger may help reduce stress
- Grapefruit may help fight cravings and make you feel more energetic
- Jasmine may make you feel more positive, energetic, and romantic
- Lavender may ease nervousness, anxiety, sleeplessness, and depression
- Neroli may help reduce stress, anxiety, and anxiety induced depression
- Sandalwood may help treat anxiety, fatigue, insomnia, and low libido
- Sweet orange may help alleviate anxiety

Tapping, also known as Emotional Freedom Technique (EFT)

Sit or stand in a comfortable position. Think about the problem you want to focus on and a phrase where the first part acknowledges your problem, and the second part allows you to accept it. For example, "Even though I'm stressed, I fully and completely love and accept myself." Say your phrase repeatedly as you firmly and gently tap on each tapping point 5-7 times. Be sure to always use the karate chop movement while you repeat your sentence. If you would like to learn more about the body tapping points, visit **The Tapping Solution:** thetappingsolution.com/tapping-101 or watch their video on **YouTube:** [youtube.com/watch?v=pAclBdj20ZU](https://www.youtube.com/watch?v=pAclBdj20ZU)



The four agreements

Don Miguel Ruiz wrote, *The Four Agreements: A Practical Guide to Personal Freedom* to help people reduce suffering in their lives and increase happiness. These agreements may be a helpful way for you to live more in the moment and build healthier relationships with loved ones. Below are the four agreements and a link to the book to learn more about how you can apply the four agreements to your life.

The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book): amazon.com/Four-Agreements-Practical-Personal-Freedom-ebook/dp/B005BRS8Z6



The art of mindful inquiry*

- “What I heard you say was...”
- “Tell me more about what you meant by...”
- “What angered you about what happened?”
- “What’s familiar about what happened?”
- “How did that affect you?”
- “How does it affect you now?”
- “What do you need/want?”

9 healthy ways to communicate*

1. Reflect back what is being said. Use their words, not yours.
2. Begin where they are, not where you want them to be.
3. Be curious and open to what they are trying to say.
4. Notice what they are saying and what they are not.
5. Emotionally relate to how they are feeling. Nurture the relationship.
6. Notice how you are feeling. Be honest and authentic.
7. Take responsibility for your part in the conflict or misunderstanding.
8. Try to understand how their past affects who they are and how those experiences affect their relationship, not just the solution.
9. Stay with the process and the relationship, not just the solution.

Unhealthy ways of communicating*

- Saying nothing and appearing emotionally detached.
- Taking it personally, rather than being curious and empathetic.
- Statements/questions that cause the speaker to become defensive.
- Questioning the validity of what is being shared and the veracity of the speaker.
- Lacking compassion.
- Not responding by changing the subject.
- Interrupting the speaker by talking over them and/or yelling.
- Not acknowledging/validating what has been shared.
- Being defensive, blaming or adversarial; not willing to take responsibility.
- Threatening to leave or staying, but unwilling to listen.
- Searching for the exception.
- Demanding a solution or defined outcome before they are willing to listen or participate.
- Needing proof.
- Generalizing to trivialize the importance or relevance of what is being shared.

* Excerpts from “The Art of Mindful Facilitation,” by Lee Mun Wah. ©2011 Stirfry Seminars & Consulting.

Suicide prevention: Recognize the signs. Know what to do.

Risk factors*

- Mental health conditions such as depression, anxiety or bipolar disorder.
- Drug or alcohol dependency.
- Previous suicide attempt.
- Stressful life events such as loss of job, death in family, or relationship problems.
- Prolonged stress factors such as harassment, bullying, or unemployment.
- Access to firearms, drugs or other lethal means.
- Family history of suicide.
- Chronic health conditions/pain.

Warning signs*

- Giving away of personal items or saying goodbye to others.
- Withdrawal from family or friends.
- Talking or writing about suicide or death.
- Getting affairs in order (paying debt, changing wills).
- Depressed, sadness, loss of interest.
- Desperate comments about being a burden, feeling trapped, no reason to live.
- Increased alcohol or drug use.
- Self-harm behaviors (cutting, risky behaviors).
- Newly attained weapon or medication.
- Erratic sleep patterns.
- Moods of irritability, anxiousness, anger and/or humiliation.

What you can do*

If someone talks about or exhibits behaviors that make you suspect the person is suicidal, follow these steps.

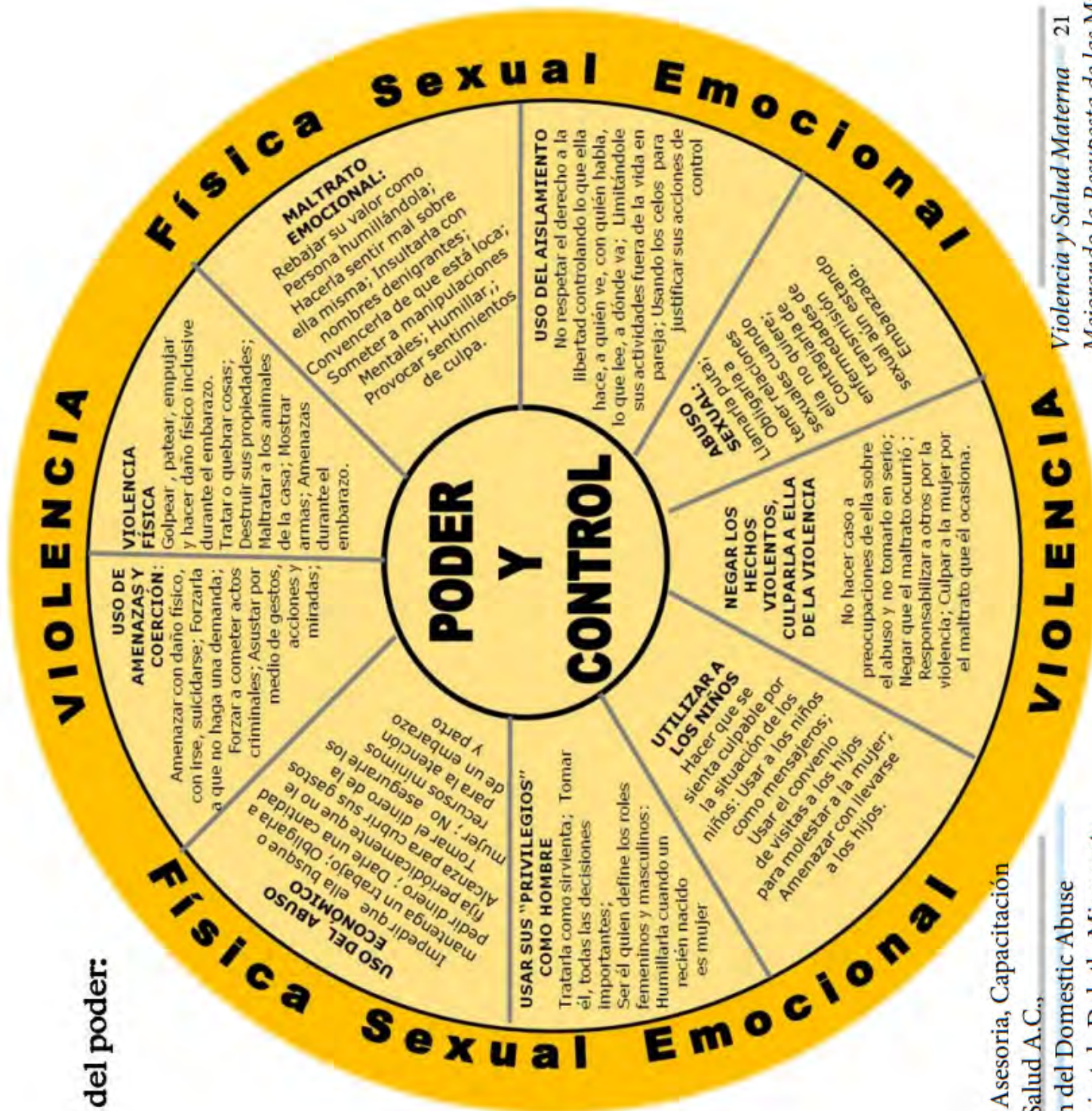
- Take it seriously.
- Talk to the person. Listen and show compassion. "I know you've had a hard time lately, how are you holding up?"
- Ask, "Are you thinking about hurting yourself?"
- If you feel the person is suicidal, do not leave them alone. Remove all possible lethal means from the area (including firearms and medications).
- Refer the person to help. National suicide support: [SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org); Seattle-King County: [CrisisClinic.org](https://www.crisisclinic.org)
- Get help. If they don't or can't contact someone, do it for them.

To learn more, visit [hiprc.org/outreach/suicide](https://www.hiprc.org/outreach/suicide)

* ©2019 Pacific Northwest Suicide Prevention Resource Center

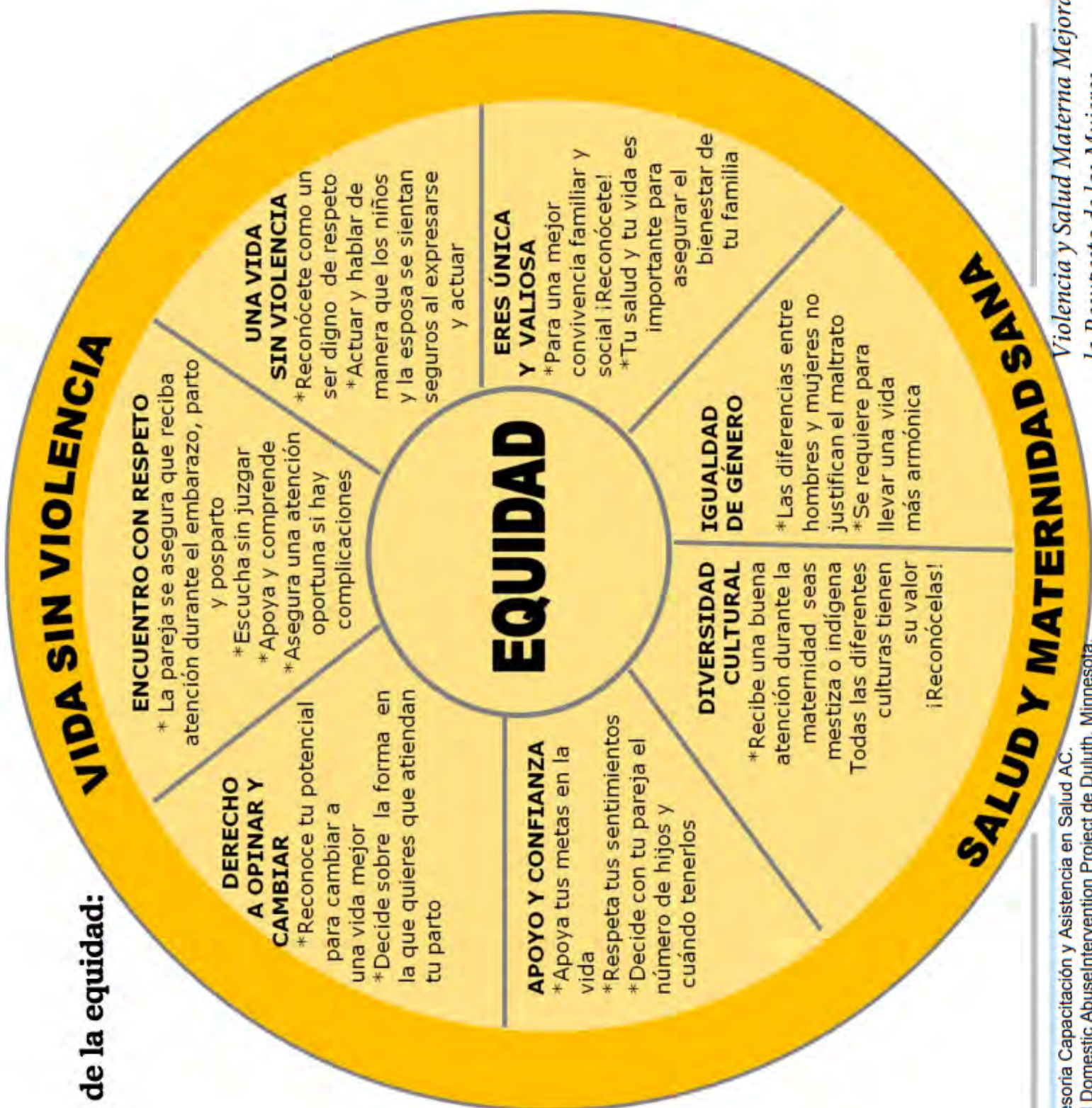
Domestic violence: Power and control wheel

Rueda del poder:



Domestic violence: Equity wheel

Rueda de la equidad:



We need your help!

If you used this toolkit we kindly ask that you provide us with feedback on how to improve it. What you share today will have a big impact on ensuring our community is able to continue to grow and thrive.

Feedback link:

forms.gle/MSoUEzfCHVxZqPHE9

LxHB & CHBC

Mental Health & Wellness Toolkit

Public service

The LxHB and CHBC have prepared this mental health toolkit as part of the Mental Health Systems and Policy Work and as a community service.



Unidos para el bienestar de nuestras familias

En comunidad

Today, we are inviting you to join the Latinx Health Board (LxHB). Join our network of Latinx community leaders, nonprofit organizations such as the CHBC, and professionals working together to advocate for improved health policies.



To reach us, please email latinxhealthboard@gmail.com or visit our Facebook page at facebook.com/LatinxHealthBoard

References

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