



National Alliance on Mental Illness

# Washington

For more information, contact

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# WELCOME TO "MI MENTE, MI FUERZA"!

## THE PRESENTATION

Focuses on promoting mental health in Latino communities. Join us as we explore together the cultural and social factors that affect psychological well-being, and learn to challenge the stigma associated with mental health conditions. Together, we can build a healthier, more resilient community!



## REQUIREMENTS

In order to qualify as a presenter, individuals must be at least 18 years old (18+ for main presenters, 18-34 years for young adult presenters). Fluency in Spanish is necessary, along with personal or family experience with a mental health conditions. Furthermore, individuals must have been in recovery for a minimum of six months.

## EXPECTATIONS

- 1** Inspire and Give Hope: You will be a role model that helps reduce the stigma associated with mental health in Latino communities.
- 2** Important Role: You will play a crucial role in raising awareness about mental health issues affecting your community.
- 3** Build Community: This presentation seeks to bring the community together and provide a safe space to discuss difficult topics.

## KEY ASPECTS OF THE PRESENTATION

The presentation "My Mind, My Strength" was created with the goal of addressing mental health challenges faced by Latino communities.



### CULTURAL FACTORS

We will explore how Latino culture and traditions can influence the perception and management of mental health.

### SOCIAL DETERMINANTS

We will look at how socioeconomic status, education, and access to healthcare affect mental well-being.

### ACCESS BARRIERS

We will identify and discuss barriers that prevent people from accessing necessary help, such as language and discrimination.