



# Pathways to Mental Healing

If I am okay, my family is too



## Spanish Mental Health Toolkit

This toolkit includes resources for how to improve mental wellbeing and overall wellbeing for you and your family, educational resources to learn more about mental health, and local and national organizations to seek help. All the resources in this toolkit are safe and serve Spanish speaking families and individuals.

*Disclaimer: The materials and the information contained in this presentation and/or guide are provided for general and educational purposes only and do not constitute any legal, medical, or other professional advice on any subject matter. None of the information in our module is a substitute for a diagnosis and treatment by a healthcare professional. Always seek the advice of a physician or other qualified health providers for any questions you may have regarding a medical condition. If you have or suspect that you have a medical problem or mental health concern, promptly contact your health care provider or call 911.*

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# Pathways to Mental Healing

If I am okay, my family is too

## SECTION 1: Improve Mental Well-being for Me and My Family

Useful tips for improving my and my family's mental well-being. These tools can be used immediately for myself or a loved one and typically don't require intervention.

### SUBCATEGORIES

1. Understanding Mental Health
2. Resources for Caregivers
3. Children's Mental Health
4. Tips & Tricks for Me
5. Emotional Health/ Regulation

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## SECTION 2: How Overall Well-being Impacts Mental Well-being

Useful tips to improve my overall well-being. Overall well-being encompasses basic needs, social needs, and physical health. These may not include any information about mental health but can improve my mental well-being.

### SUBCATEGORIES

1. Self-Care
2. Exercise
3. Social Connection
4. Overall Well-being

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## SECTION 3: Learn More About Mental Health

Increase understanding of well-being/mental health. This includes how the combination of physical, emotional, cultural, and social factors relate to mental health.

### SUBCATEGORIES

1. Mental Health Conditions Explained
2. How Do I Know I Need Help?
3. How to Find a Therapist
4. Destigmatizing Mental Health

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## SECTION 4: Get Help

Services and supports that are provided by another person, professional, or agency to assist with different components of well-being such as mental health, resiliency, self-care behaviors, and ability to deal with positive and negative emotions.

### SUBCATEGORIES

1. Crisis Lines
2. Support Groups
3. Therapy Services

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# Section 1

## Improve Mental Well-being for Me and My Family

Useful tips for improving my and my family's mental well-being. These tools can be used immediately for myself or a loved one and typically don't require intervention.

### Understanding Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

#### Mental Health Conditions

Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood, and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness.

Many factors contribute to mental health conditions, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Source: <https://www.samhsa.gov/salud-mental>

#### 1. What Is Mental Health?

### Resources for Caregivers

1. Starting the Conversation About Mental Health - Cards
2. Crisis Help for a Loved One and Self Care Tips
3. About Mental Health for Family and Friends
4. About Mental Health for Parents and Caregivers
5. Supporting Others - Worksheet

# Section 1

## Improve Mental Well-being for Me and My Family – Continued

### Children's Mental Health

1. [Integral Care's Children's Mental Health Toolkit](#)
2. [Ask, Listen, Talk Repeat – City of Austin's Children's Mental Health Toolkit](#)

### Tips and Tricks for Me

1. [Prepare to Share – Worksheet](#)
2. [Own Your Feelings – Worksheet](#)
3. [Eliminate Toxic Influences – Worksheet](#)
4. [Adjustment After Trauma and Stress](#)
5. [NAMI Crisis Card](#)
6. [Grounding Techniques](#)
7. [Deep Breathing – Worksheet](#)
8. [Instagram Accounts to Follow to Improve Your Mood](#)
9. [Techniques to Calm Your Emotions – Videos](#)
10. [Creating a Recovery Plan](#)
11. [List of Activities to Practice Gratitude](#)

### Emotional Health/ Emotional Regulation

1. [Managing Stress – Handout](#)
2. [I am Stressed – Handout](#)
3. [Self Emotional Regulation Strategies](#)
4. [How to Deal with Anger and Frustration](#)
5. [Feeling Safe – Worksheet](#)



## Section 2

# How Overall Well-being Impacts Mental Well-being

Useful tips to improve my overall well-being. Overall well-being encompasses basic needs, social needs, and physical health. These may not include any information about mental health but can improve my mental well-being.

### Self Care

1. [Personal Self Care](#)
2. [Parent and Caregiver Self Care](#)
3. [Taking Time for Yourself](#)

### Exercise

1. [Effects of Exercise on Mood](#)
2. [List of Physical Activities Around Austin](#)
3. [Exercise Infographic](#)



### Social Connection

1. [Social Connection and Recreation - Handout](#)
2. [Connecting with Others - Handout](#)

### Overall Well-Being

1. [Creating Health Routines - Worksheet](#)
2. [8 Dimensions of Wellness](#)
3. [Animal Companionship](#)
4. [Balance Between Work and Personal Life](#)
5. [Humor and Laughter](#)
6. [Spirituality and Religion](#)
7. [Sleep](#)
8. [Diet and Nutrition](#)



## Section 3

# Learn More About Mental Health

Increase understanding of well-being/mental health. This includes how the combination of physical, emotional, cultural, and social factors relate to mental health.

### Mental Health Conditions Explained

#### Anxiety

1. [Self Assessment](#)
2. [Learn More About Anxiety](#)

#### Depression

1. [Self Assessment](#)
2. [Seasonal Affective Disorder](#)
3. [Learn More About Depression](#)

#### [Suicide and Suicide Prevention](#)

#### [Post-Traumatic Stress Disorder](#)

#### [Bipolar Disorder](#)

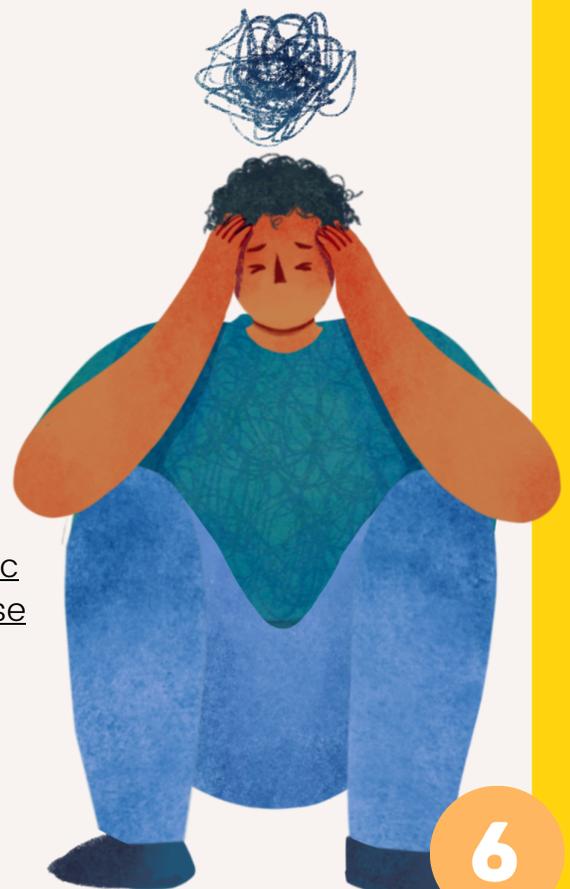
#### [Dual Diagnosis](#)

#### [Attention Deficit Hyperactive Disorder](#)

#### [Autism](#)

### How Do I Know i Need Help?

1. [Do I Need Help with my Mental Health? - Infographic](#)
2. [When Life is Difficult at Home - Understanding Abuse](#)



## Section 3

# Learn More About Mental Health – Continued

### How to Find a Therapist

1. [Mental Health Providers: Tips on Finding One](#)
2. [Where do I Go?](#)
3. [Therapy 101](#)

#### Things to Consider When Looking for a Mental Health Professional

During your search, look for treatment or support that:

- Accepts your insurance or offers free or low-cost services
- Is taking new patients
- Has open appointments or meetings that fit your schedule
- Includes qualities that are important to you like a shared language or cultural background, gender, race or ethnicity, LGBTQ+ identity, disability, religious affiliation, or age

You might not find a perfect match right away, but look for a professional or program you could open up to as you work with them. Any relationship takes some time to build

Source: <https://www.samhsa.gov/find-support/health-care-or-support>

#### Employee Assistance Programs (EAP)

Employee assistance programs (EAPs) typically offer free and confidential counseling, assessments, and other services for employees. EAP counselors may work with supervisors to address workplace interpersonal, performance issues, and reasonable accommodations. EAPs support workers exploring mental and behavioral healthcare options for themselves and family members. They typically offer a limited number of therapy visits per issue.

Source: <https://www.choosingtherapy.com/eap-for-mental-health/>

#### Medical Access Program (MAP)

Central Health's Medical Access Program (MAP) is a health coverage program for uninsured Travis County residents with low income. With MAP you and your eligible family members can see a doctor, a dentist, and get medicine.

##### Behavioral Health Services

- Therapy, counseling and psychiatry
- Psychiatric inpatient care
- Intensive outpatient services
- Crisis residential services
- Emergency stabilization/crisis extended observation

Source: <https://www.centralhealth.net/map/>

## Section 3

# Learn More About Mental Health – Continued

### Destigmatizing Mental Health

#### In the Latinx Community

1. [Mental Health in the Latino Community](#)
2. [Mental Health and How it Affects the Latino Community](#)

#### In the LGBTQIA+ Community

1. [Resources for Spanish Speaking Families Coming to Terms with Homosexuality](#)
2. [TransLifeLine | \(877\) 565-8860](#)

#### In General

1. [Myths and Facts About Mental Health](#)

## Section 4 Get Help – Travis County

Services and supports that are provided by another person, professional, or agency to assist with different components of well-being such as mental health, resiliency, self-care behaviors, and ability to deal with positive and negative emotions.

### Crisis Lines

1. [Crisis Text Line](#)
2. [NAMI Crisis Resources](#)
3. [988 Lifeline](#)
4. [Mental Health America List of Resources](#)
5. [National Eating Disorder Crisis Line](#)
6. [TransLifeLine | \(877\) 565-8860](#)



### Support Groups – Groups Where You Can Talk to Someone

A support group is understood to be a group of people who get together on an ongoing basis to help each other face a problem causing changes in their daily lives by sharing experiences. This is a problem that all the group members have in common.

It is a strategy directed toward cooperation and support between people who are living with the same problem in order to contribute toward improvement of each group member's competence when facing the problem in question or its consequences and facing possible future complications. In addition, it provides a place to express doubts, fears and feelings related to their experience in a caring environment where they will meet other people who have gone through the same things and will understand each other.

Source: <https://psicologiaymente.com/clinica/grupos-de-apoyo> (Spanish Only)

#### Local Support Groups

1. [For Service Members and Their Families](#)
2. Austin Mental Health Community - [Peer Support Group](#)
3. NAMI Central Texas - [Support Groups](#)
4. The Center for Grief and Loss - [Support Groups](#)
5. [Recovery Texas](#)

## Section 4

# Get Help – Travis County – Continued

### Therapy Services

Therapy is a type of treatment that aims to improve mental health and well-being. It allows addressing emotional, behavioral, or psychological issues, alleviating symptoms of mental illnesses, and developing coping skills.

There are different types of therapy, each with its own approach and techniques. Sessions are confidential and secure, providing a space to explore thoughts and feelings without fear of judgement.

The duration of therapy varies according to individual needs. It can complement other treatments such as medication or lifestyle changes.

Source: <https://contigowf.org/>

#### Local Resources

1. [Navegando Austin](#)  
List of organizations safe for undocumented individuals
2. [Integral Care](#)  
Services for adults, families, and children; accepts insurance, medicaid, medicare, and sliding scale
3. [Latinx Therapy](#)  
Directory of Latinx therapists
4. [Samaritan Center](#)  
Services for adults and families; income based assistance available
5. [YWCA Austin](#)  
Services for adults and families; sliding scale available
6. [Catholic Charities Central Texas](#)  
Services for adults, families, and children; accepts medicaid and offers sliding scale
7. [Austin Child Guidance Center](#)  
Services for children and families; accepts insurance
8. [AnyBabyCan](#)  
Services for children and families; accepts insurance and offers sliding scale
9. [Contigo Wellness](#)  
Directory of BIPOC therapists
10. [Capital Area Counseling](#)  
Services for adults, families, and children; average cost is \$15-60 and does not accept insurance
11. [LifeWorks](#)  
Services for youth and adults; free/ low-cost services