

October 2021 Resources: Hispanic & LatinX Mental Health

The Anti-Racism Task Force is pleased to bring you the FINAL edition of our monthly resource blasts! Thank you to all who have read and shared these monthly resources. The entire year of blasts will be archived and accessible on the PAWNY website shortly for your convenience and we will alert you when these links are available.

Hispanic Heritage Month (September 15 through October 15) is an opportunity to celebrate the achievements of Hispanic and Latinx Americans and the contributions they have made throughout the world. It is worth noting that Hispanic refers to Spanish-speaking people from Spanish-speaking countries, while LatinX typically refers to individuals from Latin America (e.g., Mexico, Central America, South America, Caribbean). The term “LatinX” is used as a gender-neutral or nonbinary alternative to Latino or Latina. The Hispanic and LatinX communities are diverse and complex in history and culture. Experiences with racism and xenophobia, mental health stigma, language barriers, access to care, and transgenerational trauma are just a few pieces of the cultural awareness puzzle. Resources listed below explore some of the unique characteristics that may influence mental health wellness and support for our family, friends, colleagues, clients, and community members identifying as Hispanic and/or LatinX.

SNAPSHOT

- [Latinx/Hispanic Communities and Mental Health](#)
- [Supporting Mental Health of Immigrant Communities](#)
- [Facts on U.S. Immigrants, 2018 Pew Research Center](#)

- [Key Facts for U.S. Latinos for National Hispanic Heritage Month](#)

UPCOMING EVENTS & TRAININGS

- [Health Care Workers: Find Out If You Have Implicit Bias & What to Do Next!](#)
- [National Latinx Psychological Association Annual Conference \(recordings of talks will be available in November\)](#)

PODCASTS

- [Latinx Therapy](#) - Weekly podcast discussing mental health topics related to Latinas, Latinos, and Latinx individuals

VIDEOS

- [The Kids Are Not Alright: Mental Health Crisis Affecting Latina Teens](#)
- [Latino Americans](#) PBS 2013
- [Paper Children](#)
- [John Leguizamo's Latin History for Morons](#)
- [Cesar Chavez \(2014\)](#)

BOOKS

- [Undocumented, Dan-EI Padilla Peralta](#)

- [Harvest of Empire: A History of Latinos in America, Juan Gonzalez](#)
- [An African American and Latinx History of the United States, Paul Ortiz](#)
- [American Poison - How Racial Hostility Destroyed Our Promise, Eduardo Porter](#)

ARTICLES/ESSAYS

- [Implicit Bias: A Guide to Reducing Excuses for Discrimination against Latinos and People of Color, Those in Poverty_\(2020\)](#)
- [System Justification: A Guide to Reducing Excuses for Discrimination against Latinos and People of Color, Those in Poverty_\(2020\)](#)
- [Moral Disengagement: A Guide to Reducing Excuses for Discrimination against Latinos and People of Color, Those in Poverty_\(2020\)](#)
- [How Poverty, Racism, and Bias Impacts Health and Opportunity for Latinos and Other People of Color_\(2020\)](#)
- [Building Support for Latino Families: A Research Review \(2017\)](#)
- [The State of Latino Housing, Transportation, and Green Space: A Research Review_\(2019\)](#)

- [Achieving a Cohesive Culture for Health Equity in Latino and All Communities \(2020\)](#)
- [More Hispanic Kids Are Depressed Than Their Peers As Anti-Migrant Rhetoric Rises - NPR](#)

WEBSITES

- [National Latino Behavioral Health Association](#)
- [Latinx Therapy](#)
- [Therapy for Latinx](#) - Therapist search engine
- [MANA National Latina Organization](#)
- [National Alliance for Hispanic Health](#)
- [Spanish Clinical Language and Resource Guide](#)
- [National Hispanic Heritage Month](#) - Library of Congress
- [Hispanic/Latino Identity](#) Pew Research Center

CHILDREN'S BOOKS & RESOURCES

- [Sesame Street Workshop](#) - Initiative to help children cope with traumatic experiences
- [Sesame Street In Communities](#) - Parenting tools in English and Spanish

- [From North to South/Del Norte al Sur, Rene Colato Lainez](#)
- [Martis Song for Freedom/Marti y sus versos por la libertad, Emma Otheguy](#)
- [The Wind Called My Name, Mary Louise Sanchez](#)
- [Esperanza Rising, Pam Munoz Ryan](#)
- [Separate is Never Equal, Duncan Tonatiuh](#)
- [PBS Kids Hispanic Heritage Month](#)

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The Anti-Racism Task Force of the Psychological Association of Western New York (PAWNY)

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