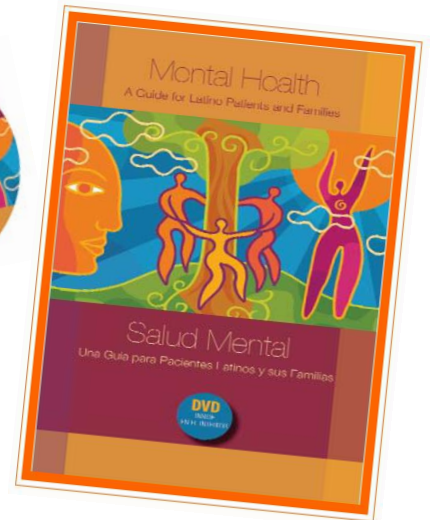




Mental Health: A Guide for Latinos and their Families

New DVD and Guidebook

“Mental Health: A Guide for Latinos and their Families” is now available from the American Psychiatric Association (APA). The 30-minute DVD and guidebook are in English and Spanish. They can be viewed online and single copies are available **free**.



The materials are aimed at helping to inform the general Latino public about mental health, to dispel common misperceptions, and to reduce the stigma of mental illness among Latinos. The DVD and guidebook acknowledge the uniqueness of the Latino culture in the U.S., including strengths of Latino culture (positive spirit, warm, vibrant, strong, and close-knit), and address some of the challenges many Latinos face in getting help for mental illness.

The DVD features discussions with Latino individuals and families talking about their experiences with mental illness, and with psychiatrists Andres J. Pumariega, M.D. and Ana E. Campo, M.D., discussing common mental illnesses, treatments, and special issues among Latinos. The DVD also features Dr. Antonio Novella, former (and first Hispanic) U.S. Surgeon General (1990-1993) and former Health Commissioner of New York State (1999-2007).

Topics covered in the 30-minute DVD and booklet:

- Types of mental illness (anxiety, depression, schizophrenia, eating disorders, substance-related disorders, and ADHD)
- Mental health and Latino culture, including some conditions that are unique to Latino cultures (such as nerves or susto)
- Treating mental illness
- Finding help, including a description of the types of mental health professionals
- Tips to help maintain mental health and increase resilience

The DVD and guidebook were developed by the American Psychiatric Association in collaboration with the League of United Latin American Citizens (LULAC) and the National Hispanic Medical Association.

Online www.psych.org/share/OMNA/APA-Diversity-Resources.aspx

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