HISPANIC HEALTH & GENERAL SERVICES

(513) 558-5890 Ages 0-18, including undocumented children.

- (513) 381-2247 ext. 20 for Spanish
- Sliding scale services
 No one turned away because of an inability to pay
 Help patients obtain insurance
 Spanish-speaking: doctors, medical assistants & receptionists

🕓 (513) 922-4271 press 2 for Spanish

🕓 (513) 346-4080 press 2 for Spanish

- Services Include: Assessments and health care Assist with basic needs Children & family services Educational services Job coaching and mentoring programs

Sur Casal Alspanic Center (\$ (513) Services and/or Referrals Include: • Emergency assistance services • Educational services • Family reunification • Housing • Health promotion r 🕓 (513) 761-1588

- Housing
 Health promotion
 Trafficking victims assistance
 MARCC ID drives
 Legal & immigration services

l (513) 557-2700 press 1 for Spanish

- HousingEarly childhood development
- Parent resources Health & wellness services

69-1840

- Family support
 Job training
 Health services
 Head Start

Go-Metro 🔇 (513) 621-4455 Busing information: call Monday-Friday, 6:30am - 6pm. Telephonic interpreting services available.

ADDITIONAL RESOURCES

Apoyo Latino 🜐 www.cincinnatilatino.org

- Resources For: General Services
- Social Services
- .
- Education Services Health and Mental Health Services Legal Services •
- Translation ServicesNorthern Kentucky & Butler County Resources

Mental Health America () www.mhanational.org Mental Health Information & Materials in Spanish: mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol

National Alliance for Hispanic Health

National Alliance on Mental Illness 😳 www.nami.org

National Suicide Prevention Lifeline

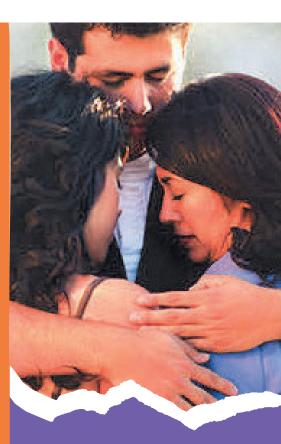
SAMHSA's National Helpline: Treatment Referral Routing Service

S 1-800-662-4357 press 2 for Spanish

Made possible with funding from Prevention Action Alliance and the Ohio Department of Mental Health and Addiction Services



www.1N5.org www.prevention-first.org



MENTAL AFFECTS EVERYONE

DON'T SUFFER IN SILENCE

REGAIN & MAINTAIN YOUR MENTAL HEALTH

TAKING CARE OF MENTAL HEALTH...

IS JUST AS IMPORTANT AS TAKING CARE OF PHYSICAL HEALTH.

POTENTIAL WARNING SIGNS & SYMPTOMS

Adults and youth experiencing mental health challenges can have emotional and/or physical symptoms.

Seek help if the following signs and/or symptoms are impacting you or your child's daily living.

- Excessive worry or fear
- Feeling down, depressed, or hopeless
- Problems concentrating or learning
- Avoiding friends or social activities
- Feeling tired & low energy
- Sleeping too much or too little
- Increased hunger or lack of appetite
- Lack of interest in hobbies
- Lack of emotion or feeling numb
- Increase in drug/alcohol use
- Acting irritable, anxious, or on-edge
- Inability to carry out daily activities
- Headaches, stomachaches
- Muscle tension, ongoing aches & pains
- Restlessness
- Feeling fuzzy or unfocused
- Having risk-seeking behavior
- Thinking about suicide

Take a mental health screening here: screening.mhanational.org/screening-tools/

A mental health screening is a quick and easy way to determine if someone has signs and/or symptoms of a mental health condition.



Mental health conditions, such as depression or anxiety, are real, common & treatable. Recovery is possible.

National Suicide Prevention Lifeline ©Call, text, or chat 988, press 1 for Spanish

START THE CONVERSATION

Do not wait for symptoms to appear to talk about mental wellness. Discuss the warning signs and symptoms. Encourage strategies for healthy living.

- 1 Set up a time & place
- 2 Be direct
- 3 Listen
- 4 Respond with empathy & care

VALUABLE MENTAL HEALTH SKILLS

- Self-awareness know your emotions & thoughts & recognize how they affect your behavior
- Self-management is knowing how to regulate your emotions, thoughts, & behaviors
- Social awareness is knowing how to understand & respect the perspectives of others & to identify family, school, & community resources/supports

NEXT STEPS:

- Educate Yourself
- ✓ Be a Voice
- Find Support
- Get Connected