HISPANIC HEALTH & GENERAL SERVICES

Central Clinic Behavioral Health-Child & Family Treatment Center 📞 (513) 558-5890
Ages 0-18, including undocumented children.

Crossroad Health Center
📞 (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

Crossroad Clinic West
📞 (513) 922-4271 press 2 for Spanish

The Healing Center
📞 (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

Su Casa Hispanic Center 📞 (513) 761-1588
Services and/or Referrals Include:
- Emergency assistance services
- Educational services
- Family reunification
- Housing
- Health promotion
- Trafficking victims assistance
- MARCC ID drives
- Legal & immigration services

Santa Maria Community Services
📞 (513) 557-2700 press 1 for Spanish
Services Include:
- Housing
- Early childhood development
- Parent resources
- Health & wellness services

Cincinnati-Hamilton County Community Action Agency (CAA) 📞 (513) 569-1840
Services Include:
- 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 Services
- Northern 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
🌐 www.healthyamericas.org/

National Alliance on Mental Illness
🌐 www.nami.org

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

SAMHSA's National Helpline: Treatment Referral Routing Service
📞 1-800-662-4357 press 2 for Spanish

1N5
PreventionFIRST!®
GUIDING COMMUNITIES TO A VIBRANT FUTURE

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

MENTAL HEALTH
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**