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APA Launches Hispanic Mental Health Initiative

Arlington, Va. – Today, in recognition of “Hispanic Heritage Month,” the American Psychiatric Association (APA) launched its Hispanic Mental Health Initiative -- an effort to make information about mental health treatments and resources available in Spanish. All materials are available for free through *HealthyMinds.org*, the APA’s public information Web site.

The APA’s Hispanic Mental Health Initiative was launched as the newest component of the organization’s successful “Healthy Minds. Healthy Lives.” public information campaign, which began more than six months ago to raise awareness of mental health issues. According to the U.S. Census Bureau, the Hispanic/Latino community is the fastest growing segment of the population. Nearly 40 million people in the U.S. are of Hispanic or Latino origin, and three-quarters describe themselves as Spanish-speakers.

“It is critical that we address the mental health needs of Hispanic and Latino Americans,” said APA President-Elect Pedro Ruiz, M.D. “Creating resources and materials in Spanish is an important step in helping to support the mental health of this segment of the population. The American Psychiatric Association is dedicated to helping everyone have a healthy mind and a healthy life.”

The APA’s *HealthyMinds.org* site now features Spanish-language materials on many common mental health concerns, including warning signs of mental disorders, treatment options, and prevention measures.

In addition, the site features:

- A link to a new Spanish translation of *ParentsMedGuide.org*, practical advice and science-based information for parents about child and adolescent depression;
- Links to other Spanish mental health resources;
- How to locate a Spanish-speaking psychiatrist; and
- Access to several fact sheets and the APA’s “*Let’s Talk Facts*” brochure series that have been translated into Spanish. They contain factual, science-based information on a variety of disorders, ranging from depression and anxiety, to common childhood disorders, teen suicide, and choosing a psychiatrist. The electronic fact sheets are free for the general public via *www.HealthyMinds.org* and can be purchased used by health care providers, health care and academic institutions and businesses that seek to improve consumer understanding of mental health disorders.

Hispanic Heritage Month begins on Sept. 15, the anniversary of independence for several Latin American countries

For more information on *HealthyMinds.org*, log on today. Additional information about the APA can also be found at www.psych.org.

About the American Psychiatric Association:

The American Psychiatric Association is a national medical specialty society whose nearly 37,000 physician members specialize in the diagnosis, treatment and prevention of mental illnesses including substance use disorders. Healthy Minds. Healthy Lives. Care that works to get your mind healthy again so you can lead a healthy life.

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