



Pathways to Mental Healing

If I am okay, my family is too

Section 1 Improve Mental Well-being for Me and My Family



Spanish Mental Health Toolkit

This toolkit includes resources for how to improve mental wellbeing and overall wellbeing for you and your family, educational resources to learn more about mental health, and local and national organizations to seek help. All the resources in this toolkit are safe and serve Spanish speaking families and individuals.

Disclaimer: The materials and the information contained in this presentation and/or guide are provided for general and educational purposes only and do not constitute any legal, medical, or other professional advice on any subject matter. None of the information in our module is a substitute for a diagnosis and treatment by a healthcare professional. Always seek the advice of a physician or other qualified health providers for any questions you may have regarding a medical condition. If you have or suspect that you have a medical problem or mental health concern, promptly contact your health care provider or call 911.

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Section 1

Improve Mental Well-being for Me and My Family

Useful tips for improving my and my family's mental well-being. These tools can be used immediately for myself or a loved one and typically don't require intervention.

Understanding Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

Mental Health Conditions

Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood, and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness.

Many factors contribute to mental health conditions, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Source: <https://www.samhsa.gov/salud-mental>

1. What Is Mental Health?

Resources for Caregivers

1. Starting the Conversation About Mental Health - Cards
2. Crisis Help for a Loved One and Self Care Tips
3. About Mental Health for Family and Friends
4. About Mental Health for Parents and Caregivers
5. Supporting Others - Worksheet

Section 1

Improve Mental Well-being for Me and My Family – Continued

Children's Mental Health

1. [Integral Care's Children's Mental Health Toolkit](#)
2. [Ask, Listen, Talk Repeat – City of Austin's Children's Mental Health Toolkit](#)

Tips and Tricks for Me

1. [Prepare to Share – Worksheet](#)
2. [Own Your Feelings – Worksheet](#)
3. [Eliminate Toxic Influences – Worksheet](#)
4. [Adjustment After Trauma and Stress](#)
5. [NAMI Crisis Card](#)
6. [Grounding Techniques](#)
7. [Deep Breathing – Worksheet](#)
8. [Instagram Accounts to Follow to Improve Your Mood](#)
9. [Techniques to Calm Your Emotions – Videos](#)
10. [Creating a Recovery Plan](#)
11. [List of Activities to Practice Gratitude](#)

Emotional Health/ Emotional Regulation

1. [Managing Stress – Handout](#)
2. [I am Stressed – Handout](#)
3. [Self Emotional Regulation Strategies](#)
4. [How to Deal with Anger and Frustration](#)
5. [Feeling Safe – Worksheet](#)

