



NAMI Central Texas
National Alliance on Mental Illness



Pathways to Mental Healing

If I am okay, my family is too

Section 3

Learn More About Mental Health



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 3

Learn More About Mental Health

Increase understanding of well-being/mental health. This includes how the combination of physical, emotional, cultural, and social factors relate to mental health.

Mental Health Conditions Explained

Anxiety

1. [Self Assessment](#)
2. [Learn More About Anxiety](#)

Depression

1. [Self Assessment](#)
2. [Seasonal Affective Disorder](#)
3. [Learn More About Depression](#)

[Suicide and Suicide Prevention](#)

[Post-Traumatic Stress Disorder](#)

[Bipolar Disorder](#)

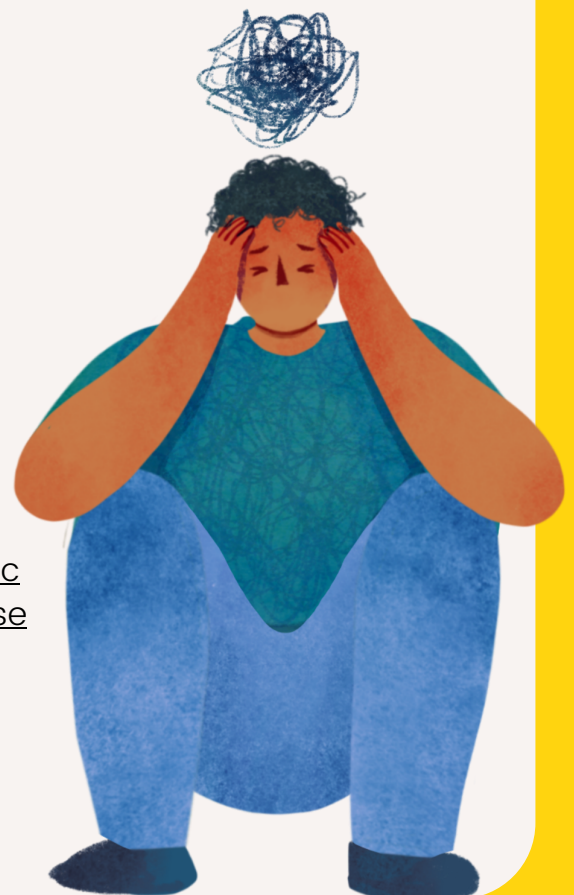
[Dual Diagnosis](#)

[Attention Deficit Hyperactive Disorder](#)

[Autism](#)

How Do I Know i Need Help?

1. [Do I Need Help with my Mental Health? - Infographic](#)
2. [When Life is Difficult at Home - Understanding Abuse](#)



Section 3

Learn More About Mental Health – Continued

How to Find a Therapist

1. [Mental Health Providers: Tips on Finding One](#)
2. [Where do I Go?](#)
3. [Therapy 101](#)

Things to Consider When Looking for a Mental Health Professional

During your search, look for treatment or support that:

- Accepts your insurance or offers free or low-cost services
- Is taking new patients
- Has open appointments or meetings that fit your schedule
- Includes qualities that are important to you like a shared language or cultural background, gender, race or ethnicity, LGBTQ+ identity, disability, religious affiliation, or age

You might not find a perfect match right away, but look for a professional or program you could open up to as you work with them. Any relationship takes some time to build

Source: <https://www.samhsa.gov/find-support/health-care-or-support>

Employee Assistance Programs (EAP)

Employee assistance programs (EAPs) typically offer free and confidential counseling, assessments, and other services for employees. EAP counselors may work with supervisors to address workplace interpersonal, performance issues, and reasonable accommodations. EAPs support workers exploring mental and behavioral healthcare options for themselves and family members. They typically offer a limited number of therapy visits per issue.

Source: <https://www.choosingtherapy.com/eap-for-mental-health/>

Medical Access Program (MAP)

Central Health's Medical Access Program (MAP) is a health coverage program for uninsured Travis County residents with low income. With MAP you and your eligible family members can see a doctor, a dentist, and get medicine.

Behavioral Health Services

- Therapy, counseling and psychiatry
- Psychiatric inpatient care
- Intensive outpatient services
- Crisis residential services
- Emergency stabilization/crisis extended observation

Source: <https://www.centralhealth.net/map/>

Section 3

Learn More About Mental Health – Continued

Destigmatizing Mental Health

In the Latinx Community

1. [Mental Health in the Latino Community](#)
2. [Mental Health and How it Affects the Latino Community](#)

In the LGBTQIA+ Community

1. [Resources for Spanish Speaking Families Coming to Terms with Homosexuality](#)
2. [TransLifeLine | \(877\) 565-8860](#)

In General

1. [Myths and Facts About Mental Health](#)