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PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Institutional Racism and How it impacts the Latinx Experience as it Relates to Behavioral Health Series

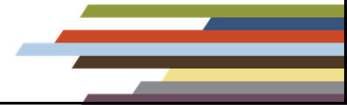
Life is Precious™: A Community Defined Practice Suicide Prevention Program for Latina Adolescents Webinar

**Presented by Rosa M. Gil, DSW, President & CEO
Comunilife, Inc.**

This event is supported by Cooperative Agreement 1U79SP023012 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed herein do not necessarily reflect the official policies of the Department of Health and Human Services, National Hispanic and Latino Prevention Technology Transfer Center or NLBHA; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government, NHL PTTC or NLBHA.

National Latino Behavioral Health Association **NLBHA**

SAMHSA
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SAVE THE DATES

Institutional Racism and How it Impacts the Latinx Experience as it Relates to Behavioral Health TTC Serie

2:00 pm EST

- **SEPTEMBER 17- NATIONAL HISPANIC AND LATINO MHTTC**
- **OCTOBER 1- NATIONAL HISPANIC AND LATINO ATTC**
- **OCTOBER 8- NATIONAL HISPANIC AND LATINO PTTC**
- **OCTOBER 15- NATIONAL HISPANIC AND LATINO MHTTC**

**CELEBRATING HISPANIC HERITAGE MONTH
SEPTEMBER 15 - OCTOBER 15**





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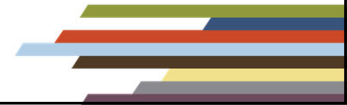
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Life is Precious™: A Community Defined Practice Suicide Prevention Program for Latina Adolescents

- We will begin the session promptly at 2:00 PM (ET)
- Please post your questions by clicking the Q&A icon on your screen. We will answer questions at the end of the session, and we will try to answer as many as we possible.
- This webinar is being recorded and we will email all attendees once its ready. Also, resources will be distributed at the same time. We will send an email to all attendees once these materials are ready.

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Behavioral Health Association **NLBHA**



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NLBHA's Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.



Fredrick Sandoval, MPA
NLBHA Executive Director

National Latino
Behavioral Health Association **NLBHA**





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NLBHA's Priorities

1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention

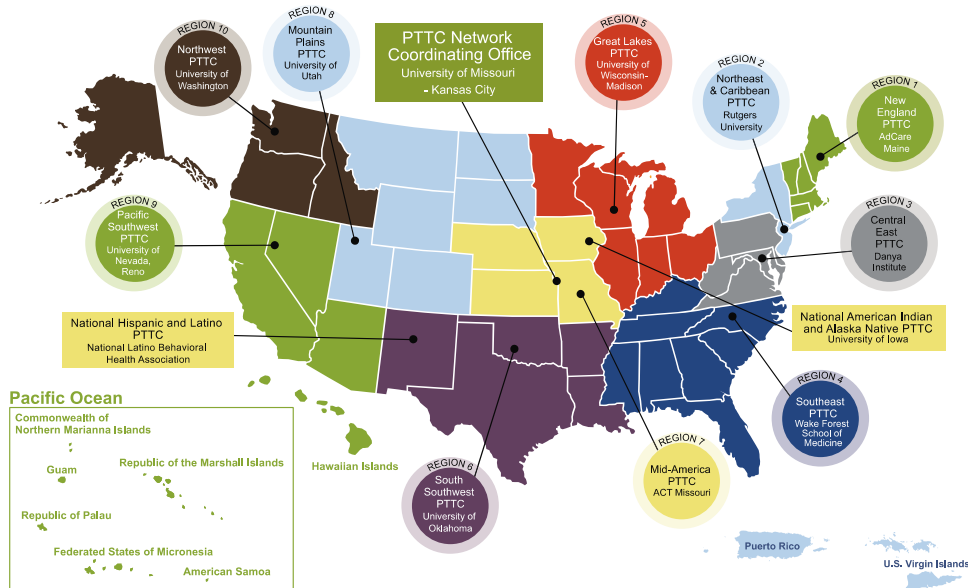
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National Hispanic and Latino Prevention Technology Transfer Center



Pierluigi Mancini, PhD, MAC
Project Director



Dolka Michelle Zelaya, CPS
Project Coordinator



Priscila Giamassi, MPM, CPA
Executive Admin. Assistant

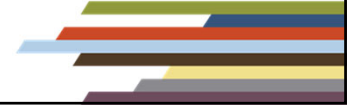


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Today's presenter



Dr. Rosa M. Gil, DSW



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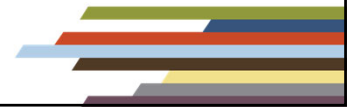
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Life is Precious™: A Community Defined Practice Suicide Prevention Program for Latina Adolescents

Presented by Dr. Rosa M. Gil, DSW

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Credits

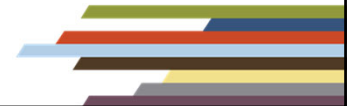
We thank the National Latino Behavioral Health Association (NLBHA) and the National Hispanic and Latino Prevention Technology Transfer Center for this invitation to participate in the third session of the series, "Institutional Racism and how it Impact the Latinx Experience as it Relates to Behavioral Health.



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Who We are

Comunilife was founded in 1989 as a not-for-profit health and human services agency. **Our Mission is to provide vulnerable communities with housing and culturally sensitive supportive services.**

Our Vision is that no one should be without the housing and supports they need to lead a healthy and meaningful life.

Each year, our rich continuum of housing and services meets the needs of more than 2,600 low-income and vulnerable New Yorkers.

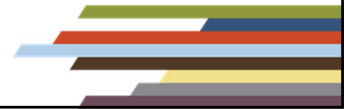


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What We Do

Comunilife offers 2,152 units of affordable and supportive housing for homeless adults living with HIV/AIDS, mental illness and other chronic illnesses as well as housing for low income New Yorkers.

In 2008 we opened Life is Precious™ an innovative Suicide preventive program for Latina adolescents. This program is the topic of my presentation today.

I will discuss next key concepts underlying the presentation of this program.



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Key Concepts

Race

Race, refers to a group of people who share certain inherited physical characteristics, such as skin color, facial features and stature. Although race is a social construction (what is means to be Black, White or Asian is determined by culture), race has real consequences because racial categories were invented for the sole purpose of reinforcing inequality.

Ethnicity

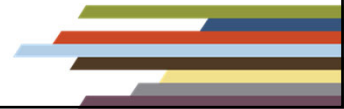
Ethnicity refers to shared culture, such as language, ancestry, beliefs, norms and practices. Individuals in some groups are treated differently because of religion, cultural norms, and behaviors leading to inequality



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Key Concepts

Equity

It is ensuring that everyone has the same opportunities and receive the same treatment and support. It is about giving people what they need, in order to make things fair.

It is not the same as equality, nor is it the same as inequality. It is simply giving more to those who need it, which is proportionate to their own circumstances, in order to ensure that everyone has the same opportunities.

Equality

It is defined as treating everyone the same and giving everyone access to same opportunities

The difference between equality and equity must be emphasized. Although both promote fairness, equality achieves this through treating everyone the same regardless of need. While equity achieves this through treating people differently dependent on need. However, this different treatment (action) may be the key to reaching equality.

Life is Precious™ intent is to create equity with a tailored intervention for immigrant Latinx adolescents at risk of suicide and their non-English speaking families. It means they need and receive extra support thus creating an equal opportunity for receiving best care as other do. If equality is the end goal, equity is the means to get there!



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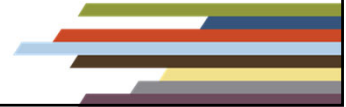


Behavioral Health Disparities

The sources of racial and ethnic behavioral health care disparities include differences in geography, lack of access to adequate health coverage, communication difficulties between patient and provider, cultural barriers, provider stereotyping, and lack of access to providers.



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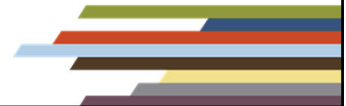
LATINX POPULATION



Source: Pew Research Center, 2012



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New York City's Latinx

The cultural and racial diversity of Latinx in New York City reflects more than 20 distinct heritage groups of indigenous, African and European ancestry.

42% of all Latinos in NYC are foreign born.

80% of Latinos ages five and older living in New York City report speaking Spanish at home. Of those, 53% speak English "very well".(NYC Department of Health and Mental Hygiene, 2018.)



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New York City's Latinx

- 35 percent of NYC's 1.7 million children are Latinx, the largest of any ethnic group in NYC, 40 percent of all children living in poverty are Latinx.
- 48 percent of all children receiving mental health services are Latinx
- 58 percent of all Latinx children live in immigrant families with one or more foreign-born parents.

Source: Population Reference Bureau, 2013



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Undocumented Latinx

Research estimates that there are about 11.2 million undocumented immigrants in the United States (Pew Research Center, 2012).

There are approximately 500,000 undocumented immigrants living in New York State.

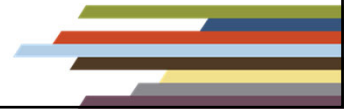
It is estimated that 62% of all undocumented immigrants are from Mexico



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Latina Adolescent Suicide: A Mental Health Inequality



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Suicidal Behaviors Among Latinas Adolescent

In New York State, suicide is the second leading cause of death for Latina teens (New York State, Office of Mental Health, 2019)

Every two years the Centers for Disease Control (CDC) issues a Report on high risk behaviors among the Country's high school students. The latest CDC Report was released in August of 2020

The CDC report states that Latina teens have higher rates of suicidal behaviors in comparison to African American, Asian and White adolescents

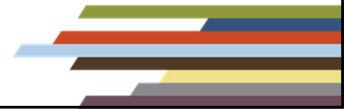
The Report includes the incidence of adolescents seriously considering and attempting suicide.



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Suicidal Behaviors Among Latinas Adolescent (Continued)

Latina adolescents **felt sad or helpless** to the point they stopped doing their usual activities 2 or more days in a row:

- United States: 50.40
- New York State: 45.90
- New York City: 47.10%

In New York City, the Boroughs with the highest percentage of Latina teens **who felt sad and helpless** were:

- Manhattan: 52.10%
- Staten Island: 51.70%
- Queens: 48.1%



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CDC High School YRBS (2019)
Released August 20, 2020



Suicidal Behaviors Among Latinas Adolescent (Continued)

Latina adolescents **seriously considered suicide**:

- United States: 22.70%
- New York State: 17.10%
- New York City: 18.50%

In New York City, the Boroughs with the highest percentage of Latina teens **seriously considering suicide** were:

- Brooklyn: 21.20%
- Manhattan: 20.40%
- Bronx: 18.50%

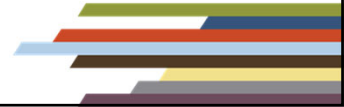
CDC High School YRBS (2019)
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Suicidal Behaviors Among Latinas Adolescent (Continued)

Latina adolescents **attempted suicide** at rates higher than any of their peer groups

- United States: 11.90%
- New York State: 10.1%
- New York City: 10.2%

In New York City, the Boroughs with the highest percentage of Latina teens **attempting suicide** were:

- Staten Island: 13.90%
- Bronx: 13.40%
- Brooklyn: 9.2%

CDC High School YRBS (2019)
Released August 20, 2020



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Risk Factors

- **Universal Factors** include poverty, disadvantaged neighborhoods, self-esteem, body image.
- **Unique to Latinas:**
 - Acculturation Stress
 - Dysfunctional Family
 - Conflicts among Family members; parental divorce
 - Familism – less tight-knit family
 - Peer/social networks – bullying
 - Emotional Isolation
 - Drug or drinking problem by girl or family
 - Sexual and physical abuse
- **New Risk Factors:**
 - Vilification of immigrants and Latinos in particular
 - Fear of deportation
 - COVID-19



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Trigger of Attempts*

- Trigger: Event occurring shortly before suicide that girls says is accurately related to SA
 - Most common: relational conflict with family member, sweetheart friend, friend or close person
 - Emotional experience: difficulty dealing with complex feelings; escalating of frustration and tension

*Zayas, Luis H. Ph.D. Latina Attempting Suicide: "Findings from a Decade of Research". Comunilife Symposium on Latina Adolescent Suicide, May 22, 2018



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Life is Precious™

Background

- 2005 significant increase in the number of referrals of Latina adolescents presenting suicide behaviors to VIDA Outpatient Mental Health clinic in the Bronx.
- We were not able to identify a suicide prevention strategy listed in the Best Practice Registry maintained by the Substance Abuse and Mental Health Services Administration (2006 and 2013) or in the Suicide Prevention Resource Center (2012) which addresses the unique challenges faced by Latina adolescents. This highlights the mental health research inequality and neglect of the Latinx community.
- SAMHSA: Of 44 studies of suicide prevention programs serving youth (1980s to present), only 3 showed any decrease in suicidal thoughts and none tailored the interventions to Latina teens.



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Life is Precious™

Community Defined Evidence

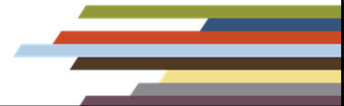
- It is a set of practices that communities have used and found to yield positive results as determined by community consensus over time. These practices may or may not have been measured empirically but have reached a level of acceptance by the community.



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Life is Precious™

Community Defined Evidence Project (CDEP)

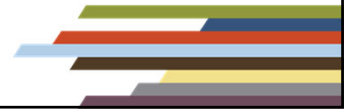
- Comunilife was one of the Hispanic agencies to participate in the Community Defined Evidence Project (CDEP). This was a joint initiative between the National Latino Behavioral Health Association (NLBHA) and National Network to Eliminate Disparities in Behavioral Health (NNED) in association with the Department of Child and Family studies in the Louis de la Porte Florida Mental Health Institute, University of South Florida.
- Life is Precious™ is based on the principles of community defined evidence.



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Life is Precious™

- Qualitative Marketing Research
- Creating awareness of mental health disparities, Latina teen suicide.
- Philanthropic Response leads to the creation of Life is Precious™
- Operates after-school and Saturdays
- Centers in the Bronx, Brooklyn, Queens and Manhattan
- 123 Latina teens have participated in 2020 with 84 currently receiving services
- More than 300 Latina teens have participated in Life is Precious™ since it opened



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Life is Precious™

CRITERIA FOR ADMISSION:

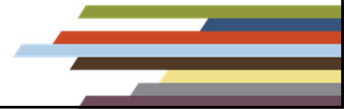
- Latina teens between 11 and 18 years old
- Psychiatric Diagnosis
- In treatment in a mental health clinic
- Must be in school
- Parental Consent



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Life is Precious™

PROGRAM'S ACTIVITIES

- Case Management services
- Youth Development groups
- Creative art therapies
- Civic engagement
- Academic Support
- Wellness Activities
- Family Support and Activities
- School advocacy
- “Ni Una Mas” Campaign to Prevent Latina Teens Suicide



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Ni Una Mas - Public Awareness Campaign



comunilife

ni una más

LA ESPERANZA LLEGÓ A WASHINGTON HEIGHTS.

LA VIDA ES PRECIOSA™ es un lugar seguro después de la escuela para latinas adolescentes en riesgo de suicidio.

Nuestros servicios gratuitos incluyen:
 Apoyo académico • Actividades de bienestar • Música
 Terapias de arte y creativas • Servicio de apoyo familiar

2500 AMSTERDAM AVE, NEW YORK NY 10033

Para más información:
 (646) 367-6669 | LIP@comunilife.org | comunifelp.org



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Program Evaluation

- Partnership with Columbia University, NYS Psychiatric Institute Center of Excellence for Cultural Competence.
- Goals of the Evaluation:
 - Does the Program reduces suicidal thoughts?
 - What works in the Program?
 - Can the Program be replicated in other settings?
 - Can Life is Precious™ be determined to be a **community-defined evidence based best practice?**



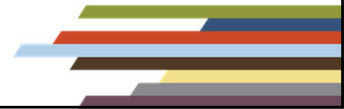
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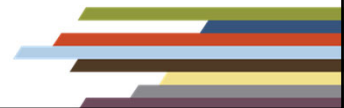
Steps Taken

- Ongoing quantitative and qualitative data collection.
- Phase One Activities were completed: Finalized LIP manual, fidelity, and training materials to enable dissemination to other sites.
- Phase Two activities underway: Control groups in three mental health clinics.



Data Collection

- Examine suicidal thoughts, depressive symptoms, and family functioning through these measurement instruments.
 - Suicidal Ideation Questionnaire (SIQ)
 - Reynolds Adolescent Depression Scale (RADS2)
 - Trauma Symptom Checklist for Children (TSCC)
 - Family Cohesion (FACES)



Discussion

- Statistically significant, albeit small, changes in suicidal thoughts and depressive symptoms
- According to the Columbia Research for every month a Latina teen participated in LIP her level of depression and suicide ideation decreases. This is especially true for teens with history of sexual abuse, tobacco or alcohol use
- No completed suicides among program participants
- Limitations
- No comparison group at this time
- Data collection only during participation
- Unknown whether improvements are maintained after leaving program
- Current locations are in urban areas (Bronx, Brooklyn, Manhattan and Queens)



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Life is Precious™ During COVID-19

COVID-19 brought on new stressors to teens and their families who are already dealing with so much.

All LIP activities seamlessly moved on-line on March 16, 2020. Using ZOOM and other remote conferencing software the program has provided:

- Over 1,500 case management sessions with the teens and their families
- 39 music therapy groups and 25 art therapy sessions Expressive Arts Groups
- Referrals to food programs
- \$300 gift cards for families to food provided by Hispanic Federation, Inc.
- 103 Tutoring and SAT prep
- 33 weekly Spanish language parents support groups



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COVID-19 Impact on LIP Families

- Over 90% of the parents have either lost their jobs or have reductions in hours.
- Sixty nine (69%) are undocumented and cannot file for unemployment and the federal stimulus checks
- 100% experience food insecurity.
- 10 families experienced the loss of grandparents, aunts, uncles, friends due to COVID. One of the girls lost her father.
- Many families are dealing with loss, grief, anxiety, social isolation and depression.
- They fear that they will not be able to pay for the monthly rent and will become homeless.
- They fear that they will not be able to pay for the internet connection thus interfering with the remote mental health therapy sessions of their daughters

The Pandemic required that we rethink service delivery. The monthly in person parent group (primarily mothers) was changed to a weekly call. This resulted in greater participation (30 parents per call) and a greater willingness to discuss family issues.



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Additional Information

- Humensky JL, Gil R, Mazzula S, Diaz S, Lewis-Fernández, R. (2017). *Life is Precious: Views of Adolescents and their Mothers on Methods to Reduce Suicidal Behavior in Latinas.* Journal of School Nursing; in press.
- Humensky JL, Coronel B, Gil R, Cifre R, Mazzula S, Lewis-Fernandez R. Title: Life is Precious: A Community-Based Program to Reduce Suicidal Behavior in Latina Adolescents. Archives of Suicide Research, 2016; 4:1-13.
- Humensky JL, Coronel B, Gil R, Cifre R, Mazzula S, Lewis-Fernandez R. Life is Precious: Reducing Suicidal Behavior in Latinas. Ethnicity and Inequalities in Health and Social Care, 2014; 6(2/3).



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Presenter's contact information

Life is Precious™

<http://comunilife.org/life-is-precious/>

<http://Comunilifelip.org>

Rosa Gil, DSW, President & CEO of Comunilife, Inc.

<http://Comunilife.org>

Rgil@comunilife.org

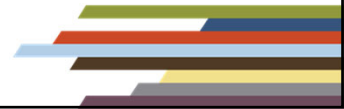
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To find out more about our programs, please visit our website at:

www.comunilife.org

www.comunilifelip.org

Twitter: @comunilifeinc

Facebook: facebook.com/Comunilife



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ADDITIONAL INFORMATION

- Life is Precious

<http://comunilifelip.org>

<http://comunilife.org/life-is-precious/>

Rosa Gil, DSW, CEO of Comunilife, Inc

Email: Rgil@comunilife.org

- Jennifer Humensky, PhD

Columbia University/New York State Psychiatric Institute

Email: Jennifer.Humensky@nyspi.columbia.edu

NYS Center of Excellence for Cultural Competence

nyculturalcompetence.org



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Resources

- Suicide Prevention Fact Sheet (English)
<https://www.youtube.com/watch?v=BmTN0T43Hws&t=1s>
- Prevención del Suicidio Fact Sheet (Spanish)
<https://www.youtube.com/watch?v=uKSBB1VINjg&t=1s>
- Prevenção de Suicídio Fact Sheet (Portuguese)
<https://www.youtube.com/watch?v=LlgHRf-Nb9c&t=1s>
- Fact Sheet: Suicide Prevention Amongst Hispanics and Latinos (English, Spanish and Portuguese)
<https://pttcnetwork.org/centers/national-hispanic-latino-pttc/product/fact-sheet-suicide-prevention-amongst-hispanics-and>



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Resources

- **Talk Saves Lives**™ | AFSP -An Introduction to Suicide Prevention education program <https://afsp.org/>
- **NAMI's Compartiendo Esperanza**: A 90-minute program to increase mental health awareness in Latino communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions. The program also highlight show and where to find help. Compartiendo Esperanza: No Hay Salud Sin Salud Mental Through stories and quotes, this booklet provides mental health information in a sensitive manner. Recovery is possible, and this booklet tells you where to find more information, seek help and be supportive. [You can preview the booklet for free](#) or buy hard copies through the [NAMI Bookstore](#).
- Understanding the Diverse Needs of Children whose Parents Abuse Substances
https://www.who.int/mental_health/prevention/suicide/suicideprevent/en/
- Suicide among Hispanics in the United States:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6103646/#R10>
- Risk and Protective Factors: Hispanic Populations:
http://www.sprc.org/sites/default/files/resource-program/Risk%20and%20Protective%20Factors%20Hispanic_0.pdf
- Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020
<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>



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Resources

- Communities of Color at Higher Risk for Health and Economic Challenges due to COVID-19
<https://www.kff.org/coronavirus-covid-19/issue-brief/communities-of-color-at-higher-risk-for-health-and-economic-challenges-due-to-covid-19/>
- American Association of Suicidology. "Facts and Statistics."
<https://suicidology.org/facts-and-statistics/>
- National Suicide Prevention Lifeline. 800-273-TALK. www.suicidepreventionlifeline.org
- Society for the Prevention on Teen Suicide. www.sptsusa.org
- Suicide Prevention Resource Center www.sprc.org
- National Action Alliance for Suicide Prevention www.theactionalliance.org
- American Foundation for Suicide Prevention, www.afsp.org
- Trevor Lifeline. A crisis intervention and suicide prevention phone service for LGBTQ available 24/7. www.thetrevorlifeline.org
- Substance Abuse and Mental Health Service Administration (SAMHSA). www.samhsa.gov
- Centers for Disease Control and Prevention (CDC). www.cdc.gov
- National Institute of Mental Health. www.nimh.gov
- National Alliance on Mental Illness. www.nami.org



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Resources

Also, you can visit the following websites for more information.

English: <http://www.suicidepreventionlifeline.org>

National Suicide Prevention Lifeline

Toll Free: 1-888-628-9454 English: 1-800-273-TALK (8255) (TTY): 1-800-799-4TTY (4889)

Crisis Text Line's number (741741).

Spanish: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Línea de Teléfono Nacional de Prevención del Suicidio **1-888-628-9454**.

Lifeline ofrece 24/7, servicios gratuitos en español, no es necesario hablar inglés si usted necesita ayuda.

SAMHSA Behavioral Health Treatment Services Locator Sitio Web: <https://findtreatment.gov>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and Español) -Website:

<http://www.samhsa.gov/find-help/national-helpline>

SAMHSA's Disaster Distress Helpline

Toll Free: 1-800-985-5990 (español e inglés)

Text in Spanish: Envíe "Háblanos" al 66746 / Text in English: "TalkWithUs" al 66746 / (TTY): 1-800-846-8517

English: <http://www.disasterdistress.samhsa.gov> - Spanish: <https://www.samhsa.gov/disaster-distress-helpline/espanol>



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For more information and **FREE** training and technical assistance you can reach us at:

PTTCnetwork.org/hispaniclatino

www.nlbha.org



Or directly at:

Pierluigi Mancini, PhD, MAC

pierluigi@nlbha.org

678-883-6118

Dolka Zelaya, CPS

dmzelaya@nlbha.org

678-832-7033

Priscila Giamassi, MPM, CPA

priscila@nlbha.org

678-822-1308



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Thank you!
¡Gracias!
Obrigado!

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