Depression can be caused by various stressors like being held to extremely high standards, pushed to work hard, told to uphold more traditional cultural norms, or told to not speak Spanish in public to avoid experiences of judgment or discrimination. Possible signs of depression include: continued bouts of sadness, sleep issues, or lack of interest in daily activities.

Therefore, it’s important to decide each day to acknowledge your own mental health journey regardless of the internal hesitation to keep things private. There is power in speaking about mental health and you never know who else may be dealing with the same feelings.

One of the biggest stigmas surrounding mental health in the community is the need to silence mental health struggles so as not to appear weak or “crazy”. Therefore, it’s important to decide each day to acknowledge your own mental health journey regardless of the internal hesitation to keep things private. There is power in speaking about mental health and you never know who else may be dealing with the same feelings.

Anxiety can come in many forms and can be overwhelming if you can’t recognize the stressors or basic signs. Even though the community may not recognize signs of worry as anxiety, physical symptoms like heart palpitations, difficulty breathing, and tremors can be signs of anxiety and should be taken seriously.

Important of Mental Health and Identity for Latiné/Hispanic Communities

ADAA