

CULTURAL BELIEFS

Mental health and well-being can be a complex topic in many Latinx/Hispanic communities. There is often a need to hide one's struggles in order to appear strong and capable. In doing so, mental health conditions often are hidden. Statements such as "that's just how they are" can hinder the ability to identify and get treatment for mental health conditions. There may be a sense of shame that comes with vulnerability, which creates a mask of strength. Often, Latinx/Hispanic communities view themselves as hardworking and resilient individuals who have overcome immense challenges, which leads them to [overlook](#) their need for mental health support.

Latinx/Hispanic communities tend to maintain the [following](#) core beliefs:

- Familismo: the importance of families
- Personlismo/Simpatia: the importance of prioritizing rapport building
- Respeto: the importance of respect toward others, especially elders and authority figures
- Confianza: the importance of trust, confidence, and mutual reciprocity in a relationship

Many Latinx/Hispanic individuals live in the U.S. as immigrants or descendants of immigrants. They may straddle multiple worlds: one in which they physically live and one in which their family originates. Identity can be [complex](#) for children of immigrants and may lead individuals to suffer from feelings of inadequacy and displacement. Furthermore, it can often prevent Latinx/Hispanic individuals from getting the culturally relevant support they need.

STRENGTHS AND RESILIENCY FACTORS

Diversity within Latinx/Hispanic cultures generates resiliency and strength, especially those who have survived many challenges and learned to thrive for themselves and their loved ones. In addition, these communities have and continue to protect and rely on ancient wisdom and natural resources to maintain health and wellness.

Latinx/Hispanic communities are made up of mostly collectivist cultures. Connection to and understanding of one another is vital to community support and [success](#). For many Latinx/Hispanic individuals, religion is often centered throughout their lives. Churches can [serve](#) as ways to connect with loved ones, catch up on social topics, feel supported, and offer hope. For mental health, this factor of hope and faith can be a key anchor that holds an individual or community to their values and expectations.

Furthermore, knowledge of community allows individuals to know where to go for support. Latinx/Hispanic individuals are more [likely](#) to seek help for a mental health disorder from a primary care provider than from a mental health specialist. People in Latinx/Hispanic cultures may also seek out community care options, such as traditional healers or prayer circles, or support from their [families](#). The use of [traditional](#) and community-based practices of dance, music, food, and celebrations have additionally created spaces in which well-being and emotions are centered. Ultimately, these factors have paved the way for countless Latinx/Hispanic individuals to get mental health care, whatever that looks like for their unique needs.

CALLS TO ACTION

In order to provide more culturally responsive services to Latinx/Hispanic communities, the following calls to action are proposed:

- Fund diversified continuing education opportunities about Latinx/Hispanic cultures and recruit Latinx/Hispanic practitioners.
- Include community support resources in mental health care that include faith, arts, and family.
- Advocate for laws and policies that directly impact Latinx/Hispanic mental health and well-being, including fair wages, affordable housing, immigration support, and other social services.