



## **Resources for Hispanic and Latino Clients and Mental Health Providers**

### **Recursos en español/Resources in Spanish**

#### **Material Educativo/Educational Material**

1. Maneja la ansiedad y el estrés - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety-sp.html>
2. 30 Días para Desacelar la Propagación- <https://www.whitehouse.gov/wp-content/uploads/2020/03/DIRECTRICES-DEL-PRESIDENTE-SOBRE-EL-CORONAVIRUS.pdf>

#### **Prevención del Suicidio/Suicide Prevention**

1. Red Nacional de Prevención del Suicidio- 1-888-628-9445 (Spanish)

#### **Violencia Domestica/Domestic Violence**

1. SafeLink- Confidential support for anyone affected by domestic and dating violence. Spanish speaking trained advocates-877-785-2020
2. Casa de Esperanza- National Latin@ Network-Bilingual services
  - Domestic Violence helpline-651-772-1611

#### **Protecting immigrant**

1. COVID-19 Fact Sheet: Practices for Protecting Immigrant Communities: <https://thejusticecollaborative.com/wp-content/uploads/2020/03/FACT-SHEET-PRACTICES-FOR-PROTECTING-IMMIGRANT-COMMUNITIES.pdf>
2. Resources for Undocumented Immigrants and their Families During COVID-19: <https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-19/>