



Mental Health Stigma in the Latino Community



Mental health stigma can keep people from seeking help.
In Latino communities, healing begins when care honors family, faith, language, privacy, and trust.

Cultural Barriers



Family Privacy:

"Family problems stay at home," shame or fear of judgment keeps struggles private.



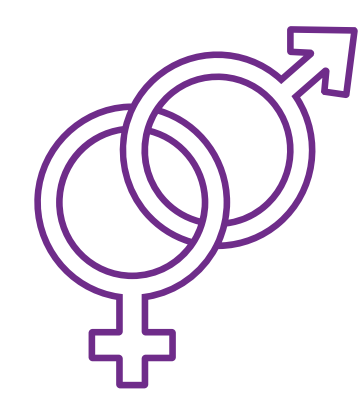
Faith Misunderstandings:

Mental health concerns get dismissed as needing more prayer or spiritual correction.



Shame:

Fear of embarrassing the family keeps people silent.



Machismo and Gender Expectations:

Pressure to be strong and not show emotion makes asking for help harder.



Language and Trust:

Limited language access or fear of judgment can make services feel unsafe.



Lack of Information:

Many people don't recognize symptoms or know where to start.

What Stigma Sounds Like

"Estas Loco"

"Debe orar más"

"Los hombres no lloran"

"Eso no se habla fuera de la casa"

EHN: Building Trust and Reducing Barriers

Community Visibility

EHN shows up where people live, work, worship, and gather so mental health care feels familiar and reachable.

Language and Cultural Access

Reflects language, culture, family values, and the lived experience of a border community.

Trust-Building

Relationship-based care, compassionate engagement, and nonjudgmental support.

Trauma-Informed Care

Focused on safety, dignity, and asking what happened, not what is wrong.

Including Family and Faith Supports

With permission, trusted supports are included in care planning and recovery.

Reducing Practical Barriers

Connecting people to services, explaining options, and coordinating referrals.

Normalizing Mental Health Care

Asking for help is not shameful.
It is a step toward safety, healing, and recovery.

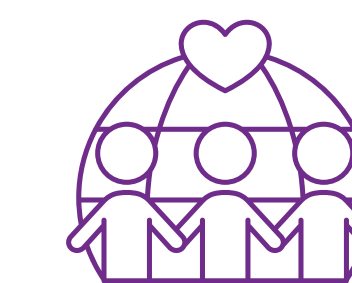
Protective Strengths



Family Support. Family helps people feel less alone, stay connected, and believe recovery is possible.



Faith and Spirituality. Faith provides hope, meaning, and community, especially when paired with professional care.



Trusted Community Voices. Faith leaders, schools, peers, and local organizations can normalize mental health conversations.



Open Conversations. Talking about mental health with compassion makes it safer to ask for help.



Supportive Language. Respectful words can reduce shame and remind people they deserve care, safety, and support.

Key takeaways

- ✓ **Mental health is health.** It affects how we think, feel, cope, connect, and make decisions.
- ✓ **Stigma causes harm.** It can lead to shame, silence, isolation, and delayed treatment.
- ✓ **Culture shapes help-seeking.** Family privacy, faith, language, trust, and gender expectations can influence when people ask for help.
- ✓ **Language matters.** The words we use can either increase shame or create safety.
- ✓ **Support and inclusion is key.** Education, open conversation, family support, faith support, a professional care can help people recover.



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