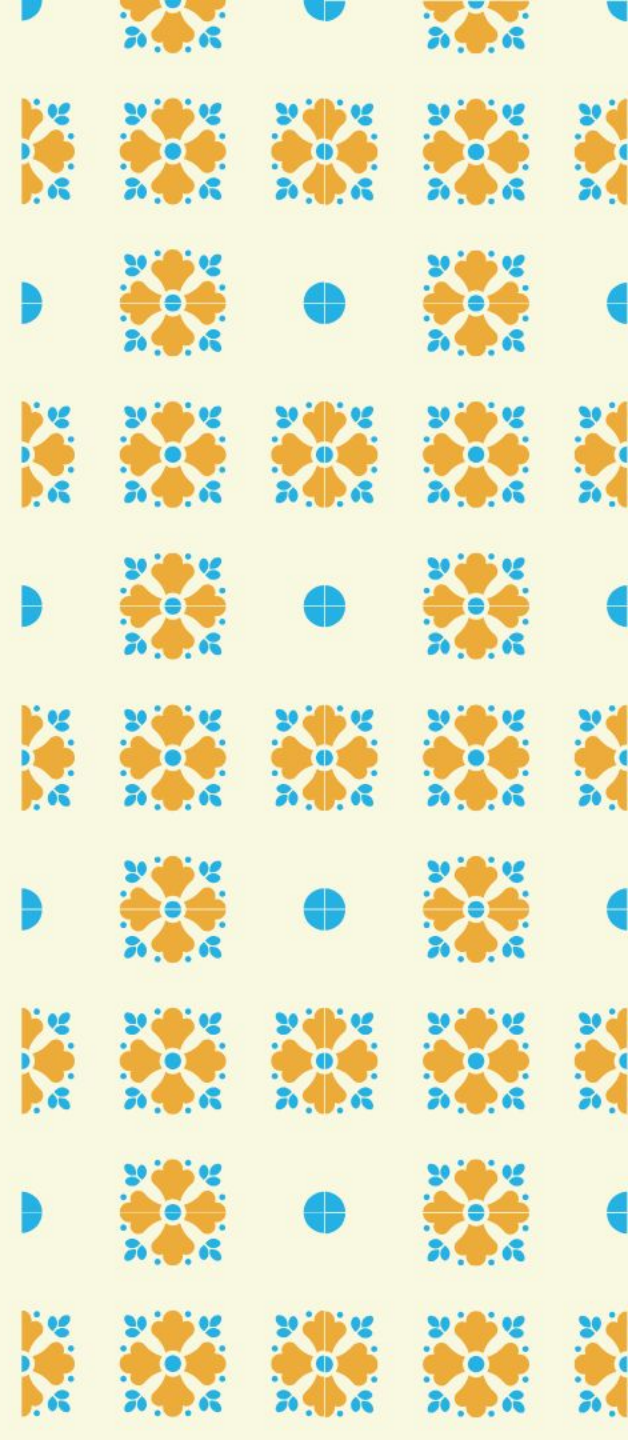




Comunidad & Corazon

**CHALLENGES, STRENGTHS, AND
SOLUTIONS PREVENTING SUICIDE AMONG
LATINO YOUTH**





Our Mission

To inspire recovery, resilience, and wellness through professional development in order to equip emerging leaders and strengthen the integrated healthcare workforce from a lived experience perspective.





What We Do

We increase access to evidence-based and continuing education opportunities through community-based trainings that blend professional expertise with lived experience. Our focus is to build the skills necessary to drive impact across behavioral health and social service systems, while also supporting the development of wellness-centered resilient communities and empowering emerging leaders.

How We Do It

We strengthen the integrated healthcare workforce by leading professional development, systems collaboration, community connection, statewide networking, and motivational leadership through a lived experience perspective. From building organizational resilience, promoting compassionate leadership strategies, strengthening onboarding processes to creating employee wellness programs. We assist organizations to infuse recovery-oriented practices into their service delivery. Our efforts ensure that the lived experience perspective is integrated and recognized as a vital component of care teams.

We bridge gaps in care and build a workforce that is both qualified and deeply connected to the populations it serves. By streamlining access to education, leadership development, and peer-informed practices, we help create sustainable pathways for individuals and organizations to grow, lead, and serve.



Learning Objectives

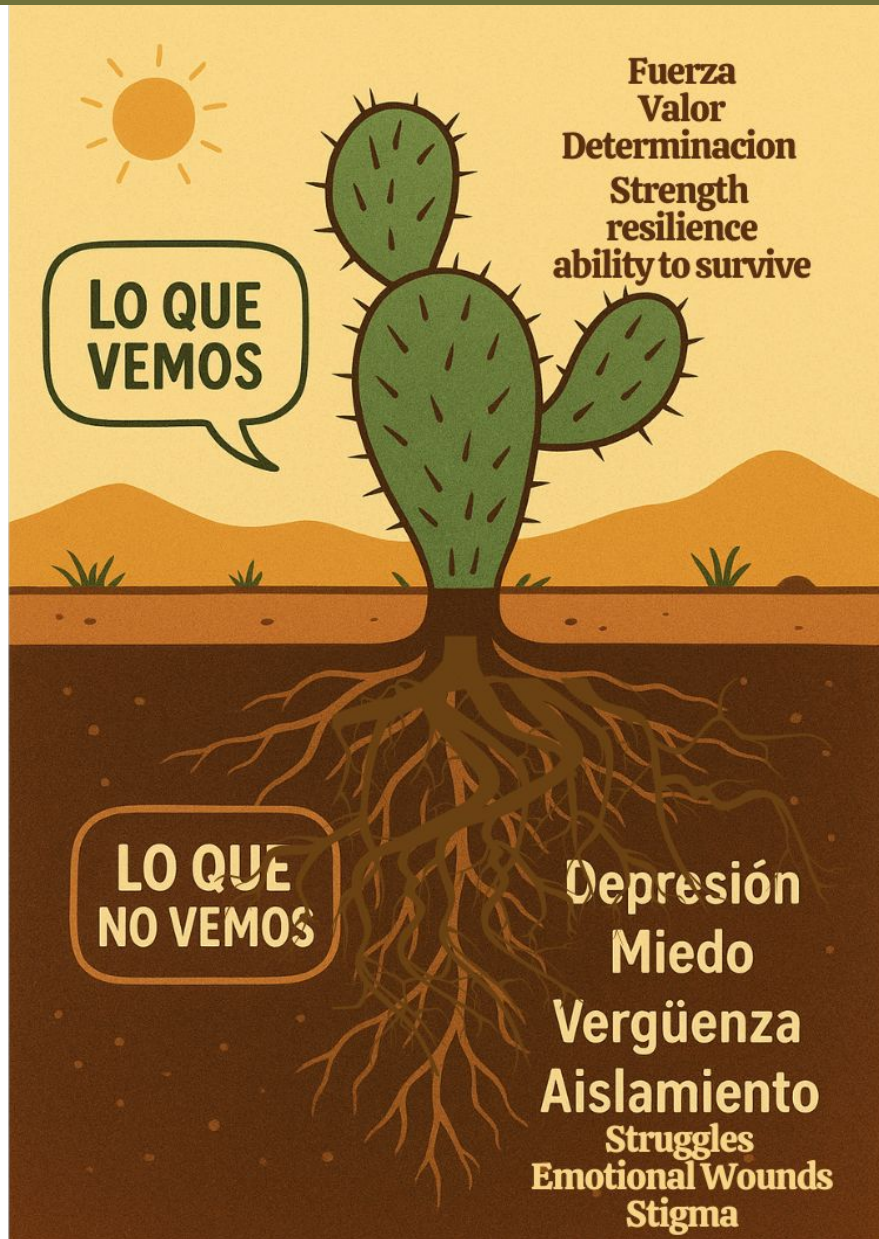
- **Identify** key cultural, social, and systemic factors that contribute to increased suicide risk among Latino youth, including stigma, acculturative stress, and access barriers.
- **Recognize** the role of cultural values, family dynamics, and community connections as protective factors in suicide prevention.
- **Apply** culturally responsive and trauma-informed strategies to support early intervention and promote mental well-being in Latino youth.
- **Access** tools and resources that are inclusive, bilingual/bicultural, and community driven for use in clinical, school, or community settings.





Grounded in Culture & Purpose

why this conversation matters



What we see and don't see

The visible part of the cactus represents what people see — its strength, resilience, and ability to survive in harsh conditions.

The hidden part (the roots underground and the pain from the spines) represents what people don't see — the struggles, emotional wounds, stigma, and silence surrounding suicide.



Open Conversations

Break the Stigma

Address the rising rates in Latino youth and men

Normalize the conversation around mental health

Increase awareness of services

Connect with others with lived experience

“Si te caes siete veces, levántate ocho”

(If you fall seven times, get up eight)



UNDERSTANDING THE URGENCY

SUICIDE AMONG LATINO YOUTH

Suicide in Youth

[According to the U.S. Centers for Disease Control and Prevention](#), more than 15,000 people under the age of 34 in the United States died from suicide in 2019, the most recent year with statistics. Sadly, say experts at [Johns Hopkins Children's Center](#) (JHCC), this shows that children and young adults are especially vulnerable to suicide.

“Pandemic or no pandemic, suicide kills way more kids than infectious diseases every year, including during the COVID-19 pandemic,” says [John Campo, M.D.](#), director of the Division of Child and Adolescent Psychiatry at JHCC and professor of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine. “Even if we take the pandemic off the table, we’ve been asleep to the risk of suicide to kids.”

Nestadt and Campo admit that suicide is a difficult topic to discuss, but they say it’s vitally important because talking openly and honestly about it can help save a life.

22% of Hispanic/Latino high school students reported seriously considering suicide

35% increase in suicide for Hispanics in a 2022 study.



Stressors

Acculturation Stress

Discrimination

Language barriers

Culturally competent services

Immigration-related trauma.



*“Haz el bien y no mires a quien”
(Do good, and don’t look at whom)*

Myths and Facts about Suicide

Myth

People who talk about suicide just want attention.

Talking about suicide will plant the idea in someone's head.

Strong people don't die by suicide.

People who want to die can't be stopped.

There's Nothing I can do to help

Facts

People who talk about suicide are often reaching out for help. Talking about it is a cry for support, not manipulation.

Talking openly about suicide can *reduce* risk — it helps people feel seen, heard, and less alone.

Suicide is not a sign of weakness. It can affect anyone, regardless of strength, culture, or background.

Most people who think about suicide don't actually want to die — they want the pain to stop. With support, they can recover.

Listening without judgment, showing care, and helping connect someone to support can *save a life*.



Strengthening the Comunidad

Resilience , leadership & Tradition



Community Barriers

Fear of shaming the family

Stigma of “loco”

Emphasizing resilience

Religious belief



“La ropa sucia se lava en casa.”

(dirty laundry is washed at home)

Community Protective Factors

- Strong cultural values and identity
- Supportive family dynamics
- Community & Peer Connections
- Spirituality
- Traditions





Overcoming the Challenges

STIGMA, ACCESS TO CARE, & FAMILY DYNAMICS

5 Action Steps for Helping Someone in Emotional Pain



ASK

“Are you thinking about killing yourself?”



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



STAY CONNECTED

Follow up and stay in touch after a crisis.

For more information on suicide prevention:
www.nimh.nih.gov/suicideprevention



NIH

National Institute of Mental Health



Centering around Corazon

HOPE AND COMMITMENT MOVING FORWARD

Corazon: *Build, Nurture, Grow*

The shared goals, values, and connection that drives connection and strengthens belonging.

- Use of bilingual and bicultural mental health professionals
- Incorporation of cultural traditions and values into therapy
- Early intervention through culturally relevant education
- Creating safe spaces for youth expression and healing





Resources

Call or text 988 or text **TALK** to 741741

Llama o envia un mensaje de texto al 988 o envia un mensaje de texto **AYUDA** al 741741



American
Foundation
for Suicide
Prevention



Final tips & takeaways

Promote Inclusivity

- Share stories that highlight diverse perspective and experiences.

Preserve History & Guide Future

- Capture community wisdom that give voice to history and inspire future generations

Bridge Divides

- Promote empathy and understanding for cultural social and political divides.

Movement through Motivation

- Create positive impact & change of healing and connection.



Thank you

Brissa Rubio

brissa@pfca.org

Kassandra Figueroa

Kassandra@azpfca.org

Kenia Guzman

kenia@azpfca.org



Stay in Contact with What's Happening with PFCA!

We always have new and exciting events occurring, please consider staying in contact with us by one of the following ways:



Check out our website www.azpfca.org



Sign up to receive our Newsletter



Like our Facebook page @azpfca



Follow us on Instagram @AZPFCA



Connect on LinkedIn



Call Us (855) 829 7322