

MENTAL HEALTH NEWSLETTER



Try this: Keep a “wins” list on your Notes app, an actual piece of paper, or a doc on your computer. Every time you do something you’re proud of or someone says a nice thing about you, write it down. After a tough day, pull that list out to remind yourself that you’re kind of amazing.

Think on this: What would make you feel more nourished in life? Is it something you can go out and do, or people you can hang with? Another way of thinking about this: What would make you feel more excited or energized?

Remember this: If you don’t know how to begin letting go, start with a slow e-x-h-a-l-e.

Camila Cabello’s Call to the Latinx Community

Camilla Cabello has been very outspoken about her mental health challenges, as well as how she utilizes coping skills and therapy to combat her symptoms before performances and every day of her life. Recently, she has begun to highlight another major issue she sees, which is the stigma of mental health and getting treatment within the Latinx community. She expresses “I want to talk about it more in Spanish and with that community... There’s such a stigma, and you’re perceived as weak or not strong.”

Her new album, “Familia,” was a way of connecting her Latin roots to her struggles with mental health. She has always done a great job at writing songs in English highlighting her mental health, but this is one of her first times doing so in Spanish. Writing some of her songs in Spanish has been a way to connect to her culture, advocate for others to focus on their mental health (especially the Latinx community) and even use her culture to heal herself. She finds joy in music and Latin rhythms...what better way to focus on healing than to do something you love?! Another huge part of a person’s mental health is their ability to feel connected to themselves and those around them. She expressed that “I’m not happy, if I don’t feel connected to my friends and community and the people around me.”

WHAT’S NEW?

LGBTQ+ YOUTH IN NEED OF MENTAL HEALTH CARE

Importance of mental health care for LGBTQ+ youth and their families .

BUFFALO SHOOTING AND BLACK MENTAL HEALTH SUPPORT

Following the racially motivated shooting in Buffalo, how are Black communities being impacted around the US?

ASIAN MENTAL HEALTH COLLECTIVE

Read stories about how some members of the AAPI community have struggled and overcome mentally health concerns.

Mental Health Care for Youth Questioning Gender/Sexual Orientation

You have probably seen the push lately to ban any LGBTQ+ and antiracism materials in schools and libraries. The push to not discuss sex, sexual orientation, gender identity and race has become increasingly common, especially in more conservative states. In Texas, for example, there is a push to investigate gender-transition care for youth as child abuse. We have also seen that in most cases, people are only focusing on one end of the spectrum (totally supportive) or the other opposite end of the spectrum (totally against), and people are neglecting to see everything in between.

According to a recent study by the Trevor Project, 2% of Americans under 18 years old identify as transgender. Psychologists are saying that this drastic increase can be attributed to the increased representation in the media, access to information, and more acceptance. More people have also come forward during the mental health crisis to gain understanding and help to see if their anxiety and depression is stemming from identity issues.

The standards for care for gender-diverse youth by the World Professional Association of Transgender Health recommends that a child should undergo a full psychological evaluation by a mental health professional before medical intervention. In many cases, a doctor will require a letter from at least 1 mental health professional before moving forward with hormone therapy or surgical interventions.

Buffalo Supermarket Shooter Had Mental Health Evaluation Months Prior

“The white 18-year-old who shot and killed 10 people at a Buffalo supermarket had researched the local demographics while looking for places with a high concentration of Black residents...the gunman shot, in total, 11 Black people and two white people Saturday in a rampage motivated by racial hatred that he broadcast live.”

We later found that back in June 2021, the shooter underwent a mental health evaluation after threatening a mass shooting at his high school. He also appeared to court wearing a paper gown. Between this horrific act of terrorism against the Black community, a racist 180-page manifesto, and his repeated visits to sites espousing white supremacist ideologies and race-based conspiracy theories, this man needed mental health intervention years ago.

How can we help to support the Black community to heal their mental health and cope when they have faced yet another act of hatred in this country? [“What's happening in the broader world impacts the way that I show up in the world where I do live.”](#)

Asian Mental Health Collective

“Growing up, I was terrible at expressing myself. Especially the uncomfortable things like my emotions. I followed the Model Minority myth, got the good grades, kept my head down, respected authority, but avoided conflict at all costs. As you can tell, that didn't help me gain trust as a leader in the workplace, and it wasn't attractive in dating when I couldn't stand behind my beliefs and opinions.”

Visit [**The Asian Mental Health Collective**](#) to read more personal stories about how culture can impact mental health stigma and to be connected to an AAPI therapist!