

Upon request Promoters offer training to community groups on topics listed in this brochure free of charge.

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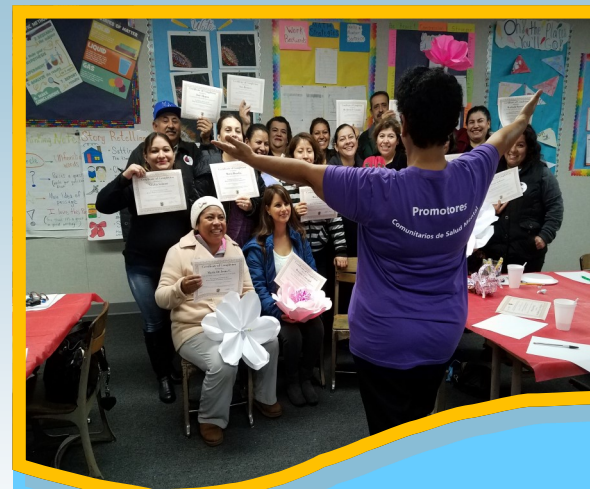
Los Angeles County Department of Mental Health

Funded by MHSA

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Promotores de Salud Mental

**Promoters
of
Mental Health**



Mental Health Promoters

The Mission of the Mental Health Promoters is to:

- ◆ Remove the stigma associated with mental illness and treatment.
- ◆ Increase awareness about mental health issues to primarily Spanish speaking Latinos living in underserved communities within Los Angeles county cities, via educational Mental Health workshops.
- ◆ Assist the Latino community with improved access to care by sharing available mental health resources.

Mental Health Promoters

Promotores are consumers, caregivers for loved ones living with mental illness, mental health advocates, and community leaders. Some were previously professionals in their native countries, and all are native Spanish speakers.

Their Training:

The “Promotores” training consists of 128 hours of training and coaching on 9 different mental health topics, as well as public speaking skills.

Promotores de Salud Mental

La Misión de los Promotores de Salud Mental es:

- ◆ Eliminar el estigma asociado con enfermedades mentales y su tratamiento.
- ◆ Aumentar la conciencia sobre temas de salud mental entre Latinos de habla hispana, viviendo en comunidades marginadas en el condado de Los Angeles, a través de talleres educativos de Salud Mental.
- ◆ Ayudar a la comunidad Latina con acceso a servicios compartiendo recursos disponibles para tratar problemas de salud mental.

Los Promotores de Salud Mental

Promotores son consumidores de servicios, cuidadores de seres queridos que viven con una enfermedad mental, defensores de personas con problemas de salud mental, y líderes de la comunidad. Algunos eran previamente profesionales en sus países de origen, y todos son de habla hispana.

Su Entrenamiento:

El entrenamiento de los Promotores consta de 128 horas de formación en 9 diferentes módulos de salud mental, así como sesiones para aumentar sus habilidades de presentar en público.

The Modules

- ***Mental Health and Stigma***
- ***Anxiety Disorders***
- ***Domestic Violence***
- ***Depression***
- ***Grief and Loss***
- ***Drugs and Alcohol***
- ***Suicide Prevention***
- ***Child Abuse/Trauma***
- ***Childhood Disorders***

- ***Salud Mental y Estigma***
- ***Trastornos de Ansiedad***
- ***Violencia Doméstica***
- ***Depresión***
- ***Pérdida y Duelo***
- ***Drogas y Alcohol***
- ***Prevención del Suicidio***
- ***Abuso Infantil/Trauma***
- ***Trastornos de la Niñez***