



HISPANIC/LATINO  
BEHAVIORAL HEALTH  
CENTER OF EXCELLENCE

# Latines and Suicide Prevention Resource Guide

Embedding Equity and Building the Suicide Prevention  
Workforce for Underserved Communities  
Technical Experts Panel





# LATINES AND SUICIDE PREVENTION RESOURCE GUIDE

Embedding Equity and Building the Suicide Prevention Workforce for  
Underserved Communities Technical Experts Panel

June 2024



*This document contains resources and products developed under:*

*The Mental Health Technology Transfer Center (MHTTC) Network, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) under the grant number H79SM081788.*

*Hispanic Latino Behavioral Health Center of Excellence, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) under the grant number H79FG001136.*



*\*The Hispanic/Latino Behavioral Health Center of Excellence recognizes the complexities associated with gender and ethnic identification as well as the right of all individuals to self-identify. The Center uses the term Latine with the intention of both facilitating fluent reading and pronunciation and supporting an inclusive and respectful language. Latine is a gender-neutral form of the word Latino that uses the letter e at the end, an idea native to the Spanish language.*

*The Hispanic/Latino Behavioral Health Center of Excellence is led by the Institute of Research, Education, and Services in Addiction at the Universidad Central del Caribe School of Medicine and is funded by the Substance Abuse and Mental Health Services Administration under grant number H79FG001136.*

## Table of Contents

Latinos and Suicide: A Clinician’s Guide to Prevention and Treatment Masterclass Part I	3
Latinos and Suicide: A Clinician’s Guide to Prevention and Treatment Masterclass II	4
Latinos and Suicide: A Clinician’s Guide to Prevention and Treatment Masterclass III	5
Latinos and Suicide: A Clinician’s Guide to Prevention and Treatment Masterclass IV	6
Intentos de suicidio y enfoques culturalmente sensitivos para Latinos	7
Suicide-related risk in Latinx/Hispanic Youth	8
Suicide Attempts Among Latina Adolescents: The State of Knowledge	9
Culturally Attuned, Community-Centered Approaches: Understanding Suicidality among Latine Communities	9
Mental Health Bytes: Suicide Prevention for Young Latinas	10

## Latinos and Suicide: A Clinician's Guide to Prevention and Treatment Masterclass Part I

This clinicians' guide addresses one of the largest cultural groups in the United States today, persons of Latin American ancestry commonly referred to as Latinos or Hispanics. The guide considers suicide as part of social phenomena, but our attention will be to suicides and suicide attempts as deeply psychological, emotional events. The emphasis is on what drives some people to think about suicide, to plan a suicide, and to attempt suicide. This guide is intended for mental health professionals and other health providers who are dedicated to delivering services to the diverse Hispanic or Latino population. It discusses suicidal behavior, demographics of the Hispanic population, risks for suicide, and prevention, intervention, recovery, and postvention. The guide includes two case studies of suicide attempts by teenage girls and questions for clinicians to consider in the assessment and intervention.

This master class series is aimed at developing the skills of mental health professionals working with Latino populations who may be at risk for suicidal behaviors. The Clinician's Guide includes 5 modules that discuss and define relevant terms as well as the role of culture in understanding and treating suicidal behaviors among Latinos. The guide also discusses issues related to prevention, risk and protective factors, assessment, and intervention as well as school-related considerations.

Objectives:

Module 1: Introduction and Module 2: Suicide-related terms

1. Discuss the goal of the clinician's guide.
2. Provide an overview of Latinos in the US including statistics on suicide and attempts.
3. Define terms related to suicidal behaviors.

Published: October 7, 2021

Type: Multimedia

Developed by: National Hispanic and Latino MHTTC

Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Other, Pharmacist, Recovery Specialist, Researcher, Student

Keywords: Adolescents/Youth, Hispanics/Latinos, Mental Health, School Mental Health, Suicide

Language(s):

- English

## Latinos and Suicide: A Clinician's Guide to Prevention and Treatment Masterclass II

This clinicians' guide addresses one of the largest cultural groups in the United States today, persons of Latin American ancestry commonly referred to as Latinos or Hispanics. The guide considers suicide as part of social phenomena, but our attention will be to suicides and suicide attempts as deeply psychological, emotional events. The emphasis is on what drives some people to think about suicide, to plan a suicide, and to attempt suicide. This guide is intended for mental health professionals and other health providers who are dedicated to delivering services to the diverse Hispanic or Latino population. It discusses suicidal behavior, demographics of the Hispanic population, risks for suicide, and prevention, intervention, recovery, and postvention. The guide includes two case studies of suicide attempts by teenage girls and questions for clinicians to consider in the assessment and intervention.

This master class series is aimed at developing the skills of mental health professionals working with Latino populations who may be at risk for suicidal behaviors. The Clinician's Guide includes 5 modules that discuss and define relevant terms as well as the role of culture in understanding and treating suicidal behaviors among Latinos. The guide also discusses issues related to prevention, risk and protective factors, assessment, and intervention as well as school-related considerations.

### Objectives

#### Module 3: Risk and Protective Factors

1. Discuss risk factors for suicidal behaviors including culture-related risk factors such as acculturative stress.
2. Address the importance of identifying protective factors including cultural values that may serve as protection for suicidal behaviors.
3. Provide strategies for exploring risk and protective factors for suicidal behaviors.

Published: October 7, 2021

Type: Multimedia

Developed by: National Hispanic and Latino MHTTC

Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Other, Pharmacist, Recovery Specialist, Researcher, Student

Keywords: Adolescents/Youth, Hispanics/Latinos, Mental Health, School Mental Health, Suicide

Language(s):

- English

## Latinos and Suicide: A Clinician's Guide to Prevention and Treatment Masterclass III

This clinicians' guide addresses one of the largest cultural groups in the United States today, persons of Latin American ancestry commonly referred to as Latinos or Hispanics. The guide considers suicide as part of social phenomena, but our attention will be to suicides and suicide attempts as deeply psychological, emotional events. The emphasis is on what drives some people to think about suicide, to plan a suicide, and to attempt suicide. This guide is intended for mental health professionals and other health providers who are dedicated to delivering services to the diverse Hispanic or Latino population. It discusses suicidal behavior, demographics of the Hispanic population, risks for suicide, and prevention, intervention, recovery, and postvention. The guide includes two case studies of suicide attempts by teenage girls and questions for clinicians to consider in the assessment and intervention.

This master class series is aimed at developing the skills of mental health professionals working with Latino populations who may be at risk for suicidal behaviors. The Clinician's Guide includes 5 modules that discuss and define relevant terms as well as the role of culture in understanding and treating suicidal behaviors among Latinos. The guide also discusses issues related to prevention, risk and protective factors, assessment, and intervention as well as school-related considerations.

### Objectives Module 4: Assessment, Prevention, and Intervention

1. Identify effective strategies for assessment and engagement with Latino populations at risk of suicidal harm.
2. Describe procedures and approaches to establishing the intent of suicidal harm.
3. Discuss Family-Centered Approaches and pertinence for Latino populations.

Published: October 19, 2021

Type: Multimedia

Developed by: National Hispanic and Latino MHTTC

Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Other, Pharmacist, Recovery Specialist, Researcher, Student

Keywords: Adolescents/Youth, Family, Hispanics/Latinos, School Mental Health, Suicide

Language(s):

- English

## Latinos and Suicide: A Clinician's Guide to Prevention and Treatment Masterclass IV

This clinicians' guide addresses one of the largest cultural groups in the United States today, persons of Latin American ancestry commonly referred to as Latinos or Hispanics. The guide considers suicide as part of social phenomena, but our attention will be to suicides and suicide attempts as deeply psychological, emotional events. The emphasis is on what drives some people to think about suicide, to plan a suicide, and to attempt suicide. This guide is intended for mental health professionals and other health providers who are dedicated to delivering services to the diverse Hispanic or Latino population. It discusses suicidal behavior, demographics of the Hispanic population, risks for suicide, and prevention, intervention, recovery, and postvention. The guide includes two case studies of suicide attempts by teenage girls and questions for clinicians to consider in the assessment and intervention.

This master class series is aimed at developing the skills of mental health professionals working with Latino populations who may be at risk for suicidal behaviors. The Clinician's Guide includes 5 modules that discuss and define relevant terms as well as the role of culture in understanding and treating suicidal behaviors among Latinos. The guide also discusses issues related to prevention, risk and protective factors, assessment, and intervention as well as school-related considerations.

Objectives Module 5: When Suicide Happens in School Settings Discuss the role of connectedness in schools.

1. Address the role of teachers and other school personnel in suicide-related incidents in schools.
2. Provide resources for schools.

Published: October 29, 2021

Type: Multimedia

Developed by: National Hispanic and Latino MHTTC

Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Other, Pharmacist, Recovery Specialist, Researcher, Student

Keywords: Adolescents/Youth, Hispanics/Latinos, Mental Health, School Mental Health, Suicide

Language(s):

- English



## Intentos de suicidio y enfoques culturalmente sensitivos para Latinos

Esta hoja informativa se basa en el seminario web presentado por Luis Zayas, PhD. En los últimos 30 años, las jóvenes latinas han presentado tasas más altas de intentos de suicidio en comparación con otros grupos. El índice de riesgo de suicidio en los 12 meses posteriores a un intento suicida es de aproximadamente 1.6% y, alrededor de 3.9% después de 5 años, lo cual destaca la importancia de abordar las conductas suicidas. Algunas de las razones relacionadas con los intentos de suicidio en los jóvenes incluyen vulnerabilidades cognitivas y emocionales, pobres estrategias de afrontamiento, falta de conexión social y capacidad adquirida. Los clínicos que trabajan con poblaciones latinas deben considerar la aculturación, las experiencias traumáticas, los valores culturales y los modelos culturalmente sensibles al momento de diagnosticar y tratar a las comunidades latinas con historial de intentos de suicidio.

*This fact sheet is based on the webinar presented by Luis Zayas, PhD. Over the past 30 years, young Latinas have had higher rates of suicide attempts compared to other groups. The risk rate of suicide in the 12 months after a suicide attempt is about 1.6% and about 3.9% after 5 years, highlighting the importance of addressing suicidal behaviors. Some of the reasons related to suicide attempts in young people include cognitive and emotional vulnerabilities, poor coping strategies, lack of social connection, and acquired ability. Clinicians working with Latine populations should consider acculturation, traumatic experiences, cultural values, and culturally sensitive models when diagnosing and treating Latine communities with a history of suicide attempts.*

Published: October 28, 2020

Type: Print Media

Developed by: National Hispanic and Latino MHTTC

Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Other, Pharmacist, Recovery Specialist, Researcher, Student

Keywords: Hispanics/Latinos, Suicide

Language(s):

- Spanish

## Suicide-related risk in Latinx/Hispanic Youth

By: Liliam Polanco-Román, PhD

Suicide is the second leading cause of death in the U.S. among people ages 10-24 years old and has disproportionately increased Latinx and Hispanic adolescents and young adults, who have elevated rates of suicidal behaviors. This 1.5-hour online session provides information about identifying suicide-related risk in Latinx and Hispanic youth and review evidence-based practices to screen for risk across various settings.

- Recognize trends in suicide, suicidal thoughts, and behaviors in Hispanic/Latinx adolescents and young adults in the U.S.
- Identify risk and protective factors associated with suicidal thoughts and behaviors.
- Highlight culture-specific risk and protector factors associated with suicide-related risk.
- Understand how some suicide prevention programs have integrated culture-specific experiences into their strategies.
- Resources to screen for suicide-related risk in youth.

Published: October 6, 2020

Type: Multimedia

Developed by: Northwest MHTTC, National Hispanic and Latino MHTTC

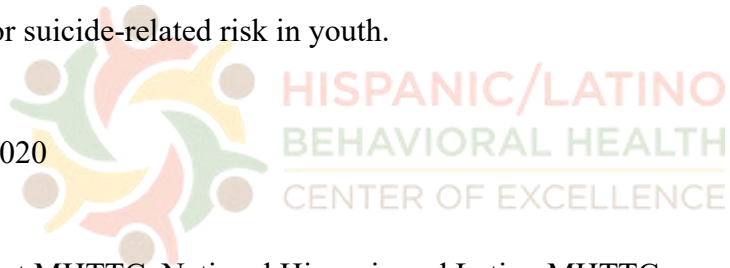
Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Other, Pharmacist, Recovery Specialist, Researcher, Student

Keywords: Adolescents/Youth, Hispanics/Latinos, Suicide

Language(s):

- English



## Suicide Attempts Among Latina Adolescents: The State of Knowledge

This webinar reviews the state of knowledge on suicide attempts by adolescent Latinas who have reported higher-than-average rates over the past 30 years. Dr. Zayas will cover the developmental issues of adolescence and cultural and family systems that bear on Latina's suicide attempts. Sometime will be devoted to how the girls describe suicide attempts. Approaches to prevention and identification in schools and to family-centered treatments will be discussed.

Published: April 8, 2020

Type: Multimedia

Developed by: National Hispanic and Latino MHTTC

Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Other, Pharmacist, Recovery Specialist, Researcher, Student

Keywords: Family, Hispanics/Latinos, School Mental Health, Suicide

Language(s):

- English



## **Culturally Attuned, Community-Centered Approaches: Understanding Suicidality among Latine Communities**

Published: July 27, 2024

Type: Infographic

Developed by: National Hispanic and Latino MHTTC

Target audience:

Addictions Counselor, Educator, Medical Professional, Behavioral Health Professional, Recovery Specialist

Keywords: Adolescents/Youth, Hispanics/Latinos, Suicide, Women

Language(s):

- [English](#)
- [Spanish](#)

## Mental Health Bytes: Suicide Prevention for Young Latinas

The National Hispanic and Latino Mental Health Technology Transfer Center is proud to present Mental Health Bytes; a series of short videos discussing mental health topics around Hispanic and Latinos.

We know that you are busy, that is why we are giving you bytes of information to be acquainted for and for your clients.

In this video, Dr. Zayas shares valuable insight on young Latinas regarding suicide attempts, and some strategies that you can implement as providers.

If you want more information here are some resources:

- Zayas, L. (2011). *Latinas attempting suicide: When cultures, families, and daughters collide*. New York, NY: Oxford University Press.
- Zayas, L. (2015). *Forgotten citizens: Deportation, children, and the making of American exiles and orphans*. New York, NY: Oxford University Press.
- If someone needs help you can share the Suicide Prevention Lifeline: 1-800-273-8255 (English) 1-888-628-9454 (Spanish).

Published: May 13, 2019

Type: Multimedia

Developed by: National Hispanic and Latino MHTTC

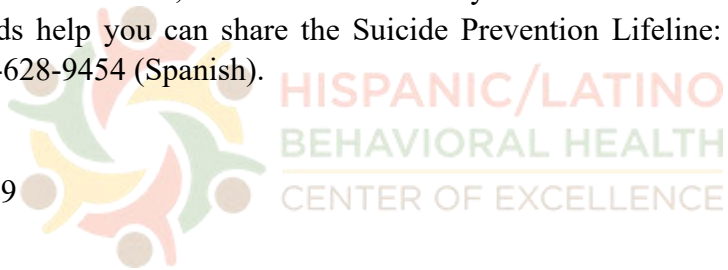
Target audience:

Addictions Counselor, Administrator, Criminal Justice Professional, Educator, Medical Professional, Mental Health Professional, Recovery Specialist

Keywords: Adolescents/Youth, Hispanics/Latinos, School Mental Health, Suicide, Women

Language(s):

- English



## OUR TEAM

### Hispanic/Latino Behavioral Health Center of Excellence Team

**Ibis Carrión-González, PsyD**, Director  
**Christine Miranda, PhD**, Evaluator  
**Jessenia D. Zayas-Ríos, DBH, MPHE, CHES®**, Program Manager  
**Erick Senior-Rogés, PhD**, Training and Technical Assistance Manager  
**Darice Orobítg, PhD**, Training and Technical Assistance Consultant  
**Carmen Andújar, BA**, Logistics Specialist  
**Wendolyn Ortega, MA**, Media Content Specialist  
**Paola C. Díaz-Arce, MHS**, Outreach and Engagement Manager

## CONTACT US

For more information on the H/LBH CoE, visit:

[www.hispaniclatinobehavioralhealth.org](http://www.hispaniclatinobehavioralhealth.org)

You can also contact the center directly by email at:

[info@hispaniclatinobehavioralhealth.org](mailto:info@hispaniclatinobehavioralhealth.org)



**REQUEST TA**