



LaSaludMental.org is a site dedicated to providing Spanish-speaking communities in the United States with evidence-based information on mental health and substance use disorders created by Hispanic and Latino member psychiatrists from the American Psychiatric Association (APA).

Take quizzes about various mental health topics or download PDF flyers about topics such as domestic violence, depression, substance abuse, stigma, and suicide.

Visit LaSaludMental.org for more information.

