

# Mental health matters!

More than **1 out of 5** Hispanic adults live with a mental illness, but many don't reach out for the help they need.

**Scan the QR code** to learn more about mental health challenges and how you can manage your mental health.



Visit our website  
**LaSaludMental.org** (en español)  
[psychiatry.org/patients-families](https://psychiatry.org/patients-families) (English)

**Healthy minds,  
Healthy people.**

AMERICAN  
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