

# LIVE WELL!



## HISPANIC HERITAGE MONTH

### Latinx Mental Health: Culture, Stigma, & Barriers

Mental health concerns affect everyone, regardless of cultural or social identity. People in the Latinx community also face unique barriers to care, which can lead to silent suffering and worsening symptoms of mental illness.

#### **Some of the barriers to accessing mental health care in the Latino community include:**

- Mental health stigma in the Latino community
- Gender role expectations and distorted ideas of strength
- Keeping “family business” private
- Inadequate mental health education
- Difficulty with access and affordability
- Lack of culturally competent care
- Religion as a replacement for mental health services
- Latinx mental health in the workplace
- Lack of representation

#### **More Articles to Read:**

1. [Latino, Hispanic, Latinx, Chicano: The History Behind the Terms](#)
2. [15 Famous Latinos Who Will Inspire Your Kids](#)
3. [Latinx Mental Health: Culture, Stigma, & Barriers](#)

# WORLD MENTAL HEALTH DAY 2023

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Lyra



## Mental health is HEALTH.

[#WorldMentalHealthDay](#)

### World Mental Health Day Events

October 10, 2023 - Company Holiday

October 11, 2023 - [Lyra 101 Info Session](#)  
9:00AM PT/11:00AM CT/12:00PM ET

October 12, 2023 - [Lyra Workshop](#)  
12:00PM PT/2:00PM CT/3:00PM ET

### Minding Your Mental Health

The Minding Your Mental Health: How to Know When to Get Support workshop on 10/12 is designed to teach you a range of things from how to handle the common stresses of life, to identifying the signs of more serious mental health problems like depression and anxiety, and learning how to get help when you or your loved ones need it.



Live Happy. Live Well.

## US BENEFITS HEALTH FAIR

### Onsite Health Fair

Irvine Headquarters

Tuesday, Oct. 17

11:00AM PT

### Virtual Health Fair

Monday, Oct. 16 -

Friday Oct. 20

## UPCOMING WEBINARS

### Lyra 101

Wed. Oct. 11

9AM PT/11AM CT/12PM ET

### Lyra Workshop

Thurs. Oct. 12

12PM PT/2PM CT/3PM ET

### HSA BANK Webinar

Wed. Oct. 18

11AM PT/1PM CT/2PM ET

### Carrot Webinar

Thurs. Oct. 19

1PM PT/3PM CT/4PM ET

# WHAT DOES WELLNESS MEAN TO YOU?

Submit your photos [here](#)! Your photos could be featured in our next Live Well Newsletter.

## BUSTING MYTHS ABOUT MENTAL HEALTH



### Myth

- More than half of the poll respondents said they believe depression is caused in some part by personal weakness or failing.
- 38% agreed with the statement that people with mental health conditions are unpredictable and potentially dangerous.
- 24% of millennials agreed that most people with a mental health condition can get well on their own without professional help.

### Fact

- Depression can be linked to many causes that aren't anyone's fault — including chemical imbalances, genetics or past traumas.
- People with mental health conditions are not more likely to behave violently. In fact, they're far more likely to be victims of violence.
- Professional help is important, and treatment works. More than 80% of people treated for depression improve, and treatment for panic disorders has up to a 90% success rate.