



Margareth Del Cid <margareth.delcid@gmail.com>

[Test] Information for the Latino Community - Información para la comunidad Latina

Latino Collaborative, San Mateo County - Behavioral Health and Recovery Services

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<BienestarLatinoLC@gmail.com>

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Reply-To: us12-90c65cd51d-fb60c78af0@inbound.mailchimp.com

To: margareth.delcid@gmail.com



June 2016 Wellness Edition



Information for the Latino Community

Thank you for subscribing to **¡Adelante con el Bienestar!** Periodically you will receive information about issues that affect the well being of Latinos in San Mateo County and the United States.

Mental health is often overlooked in our lives. We do not make regular appointments with mental health professionals like we make appointments to see a dentist or doctor. We may not be able to see mental illness, but it is something that can affect our every day lives.

¡Adelante con el Bienestar! was put together by the Latino Collaborative to help answer questions and provide information about mental health for the Latino community. Information will include education on mental illness, local psychological services, trainings, and tips on improving well being. We strive to provide information useful to YOU and the Latino community. Please be sure to fill out our survey ([CLICK HERE](#)).

WHAT IS MENTAL HEALTH?



About 1 in every 4 people is affected by mental illness. This means that you probably know someone with mental illness and/ or may have experienced it yourself. Mental illness can affect people in many different ways, including sleep problems, anxiety, worry, and depression. Watch this video by the National Alliance on Mental Health (NAMI) to learn more about this important issue.

Sleep and Well Being



Problems with sleep are often linked to mental health difficulties. Making small changes to your daily sleeping routine can help you feel better and also lead to improvements in your overall well being. Learn more about ways you can improve sleep habits from the American Academy of Sleep Medicine.

[Click Here](#)

Feeling stressed?



Many of us work long hours and have many responsibilities. We often do not recognize the signs of stress until it becomes severe. It is important to pay attention to the signs and make time for stress relief. Learn more about the physical and emotional signs of stress.

[Click Here](#)

Taking Care of YOU: Meditation for the mind



Meditation is an easy and inexpensive way to manage everyday stress. You do not need to spend a long time meditating or be experienced to benefit from meditation. Even with only 5 minutes of daily meditation you can reduce stress, improve sleep, and generally feel better. Click on the video to try out a short meditation.

ORGULLO
LATIN@

**La Noche de
San Juan**

June 23rd

**Cultural Spotlight: A Puerto Rican
Tradition**

The Latino community is very diverse and rich with many different traditions. Every month we will highlight a tradition for one Latino culture. This month we highlight the yearly Puerto Rican tradition of La Noche de San Juan.

San Juan, Puerto Rico



La Noche de San Juan

Every year at the stroke of midnight on June 24, Puerto Ricans across the island take a backwards jump into the ocean. Why? For luck, for a new start, for fun. It's part of a tradition to honor St. John the Baptist.

St. John's Eve

June 24th marks the birthday of St. John. When Christopher Columbus arrived to the island of Puerto Rico, he originally called it San Juan Batista (St. John the Baptist). The name that traders gave the island—Puerto Rico, or Rich Port—eventually became the name used more commonly but the island's main city retained the name San Juan and St. John remained the patron saint of the island.

Festivals in honor of St. John are celebrated across the world on Jun 24, but the tradition of jumping into the ocean backwards is unique to Puerto Rico.

Jumping into the ocean—3, 7 or 12 times as the tradition varies—is meant to bring good luck and wash away the past year. While the tradition of jumping into the ocean on June 24 has religious roots (St. John is a primary figure in Christianity), taking a backwards dip into the ocean has become an event about gathering with family and friends and enjoy a lovely summer

evening.

UPCOMING COMMUNITY EVENTS



Want to know more about what is going on in San Mateo County?

Check out the Behavioral Health & Recovery Services Blog to receive updates

<https://smcbhrsblog.org>

Follow us on social media!



We want to hear from you!

We want to make sure we are providing you with information that is useful to you. Please let us know how we can improve our emails. Click on the button below to provide us with feedback.

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Important Contacts and Information

- Information about what to do in a Mental Health Emergency in San Mateo County - [CLICK HERE](#)
- Looking for mental health treatment in San Mateo County? - [CLICK HERE](#)
- Need help with drug and alcohol abuse? - [CLICK HERE](#)
- Information about suicide prevention - [CLICK HERE](#)
- Client and family resources - [CLICK HERE](#)
- Information about getting health insurance coverage - [CLICK HERE](#)



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Latino Collaborative, San Mateo County - Behavioral Health and Recovery Services · 222 Paul Scannell Drive · San Mateo, CA 94402 · USA

