



El Mejor Proyecto Soy Yo

En el 2016 asistí al entrenamiento de padres donde me preparé para poder ayudar a mis hijos en su formación, educación y disciplina. En el 2020 me gradué como BHRS Embajadora de Salud y continué tomando clases con la finalidad de poder ayudar a más personas, olvidándome por completo de que la persona que necesitaba más ayuda era YO. Este día reflexionando sobre mi propia vida, entre tantas hojas caídas, veo reflejado mi propio proceso. Durante mucho tiempo cuidé de todo y de todos menos de mí. Es hasta ahora que entiendo que el mejor proyecto que tengo soy YO. Ahora estoy aprendiendo a acompañarme, a darme paciencia, a darme afecto sin prisa y a reconstruirme. En este momento no busco crecer para otros, sino para mí. Ser mi prioridad no es egoísmo, es AMOR. Hoy me elijo, me valoro, me reconozco, y cada día que elijo cuidarme siento que esa como esa hoja roja única entre tantas me recuerda que sigo viva, cambiando y creciendo, volviendo a mí. Ahora con todo lo aprendido acerca de mí soy capaz de manejar mi salud emocional y reaccionar con nuevas herramientas ante los desafíos de la vida; mi ansiedad ya no me controla. Mi bienestar es primero para estar disponible para los demás. ¡Mi Salud emocional y mi Fe están fortalecidas!

Por: Brenda L. Bañuelos (Ella), BHRS-Embajadora de Salud, desde 2020



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The Best Project Is Me

In 2016, I attended parent training where I prepared myself to help my children with their upbringing, education, and discipline. In 2020, I graduated as a BHRS Health Ambassador and continued taking classes with the goal of helping more people, completely forgetting that the person who needed the most help was ME. Today, reflecting on my own life, among so many fallen leaves, I see my own journey reflected. For a long time, I took care of everything and everyone except myself. It is only now that I understand that the best project I have is ME. Now I am learning to be there for myself, to be patient with myself, to give myself affection without rushing, and to rebuild myself. At this moment, I am not seeking to grow for others, but for myself. Being my priority is not selfishness, it is LOVE. Today I choose myself, I value myself, I acknowledge myself, and every day that I choose to take care of myself, I feel that, like that single red leaf among so many, it reminds me that I am still alive, changing and growing, returning to myself. Now, with everything I've learned about myself, I'm able to manage my emotional health and respond to life's challenges with new tools; my anxiety no longer controls me. My well-being comes first so I can be there for others. My emotional health and my faith are strengthened!

By: Brenda L. Bañuelos (Ella), BHRS-Health Ambassador, since 2020



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Mi transformación en HAP

Soy una madre miembro de comunidad que necesitaba ayuda en salud mental y esto lo supe gracias a Behavioral Health and Recovery Services (BHRS) y el Programa Embajador de Salud (HAP). Yo pensé que solo mi hijo era quien necesitaba ayuda. El comenzó los servicios de BHRS y le diagnosticaron ADHD. Recibió terapia psicológica de un psiquiatra y tomó medicamento temporal, además asistió a grupos de apoyo para niños del 2011 al 2021. Fueron 10 años de mucho trabajo. Ahora lleva 4 años sin usar medicamento ni terapias. Mi hijo aprendió las herramientas para usar e integrarse a la comunidad. Gracias a BHRS hoy mi hijo con 19 años se transformó en un US Marine y trabaja en Japón. ¡Que orgullo, la recuperación si existe!

Por ayudar a mi hijo, sin saberlo, también tuve mi propia recuperación. Recibí servicios de salud mental y comencé a participar en el HAP.

El Programa Embajador de Salud me ha transformado:

- Por mi experiencia vivida puedo apoyar a otras familias para conectarlas con los servicios de BHRS
- Me convertí en facilitadora de los talleres que vine a aprender
- Ahora soy una mujer con seguridad que transmite confianza
- Aprendí a aceptar mis propios desafíos de salud mental. Si recaigo, uso mis herramientas y comienzo de nuevo.

HAP despertó en mí que primero es mi autocuidado para poder ayudar a mi familia, y despertó la pasión de trabajar con familias y la comunidad.

Por: Cynthia Castro (She, her, Ella), BHRS-Embajadora de Salud desde 2016.



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My transformation into HAP

I am a mother and a member of the community who needed mental health support, and I learned this thanks to Behavioral Health and Recovery Services (BHRS) and the Health Ambassador Program (HAP). I thought only my son needed help. He started BHRS services and was diagnosed with ADHD. He received psychological therapy, therapy from a psychiatrist, and took medication temporarily. He also attended support groups for children from 2011 to 2021. It was 10 years of hard work. Now, he has been off medication and therapy for four years. My son learned the tools to use and integrate into the community. Thanks to BHRS, my son, now 19, is a US Marine working in Japan. What a source of pride! Recovery really does exist!

By helping my son, without my knowing it, I also had my own recovery. I received mental health services and began participating in HAP.

The Health Ambassador Program has transformed me: Based on my own experience, I can support other families in connecting them with BHRS services.

I became a facilitator for the workshops I came to learn.

Now I am a confident woman who exudes trust.

I learned to accept my own mental health challenges. If I relapse, I use my tools and start again.

HAP awakened in me that my self-care comes first so I can help my family, and it sparked a passion for working with families and the community.

By: Cynthia Castro (She, her, Ella), BHRS-Health Ambassador since 2016.



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TODO LO PUEDO ALCANZAR

REFLEJO DE VIDA Y RESPETO

Como Embajador de Salud Mental, Dios y la vida me pusieron en este camino para superarme y salir adelante, para ser soporte y apoyar a mi familia y a la comunidad en lo que sea posible.

TODO ES POSIBLE

En estos años he aprendido que, con mucho respeto y una gran actitud, se puede llegar a la cima y alcanzar la felicidad y tus metas.

EL ÉXITO NO ES INALCANZABLE

Si tú como persona estás dispuesta a cambiar, siempre será posible transformar tu vida y llegar a la cima desde donde puedes mirar la luz y sentir tu paz emocional.

¡QUE ASÍ SEA!

Por: Miguel Núñez (El), BHRS-Embajador de Salud, desde 2024



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I CAN ACHIEVE EVERYTHING

A REFLECTION OF LIFE AND RESPECT As a Mental Health Ambassador, God and life placed me on this path to overcome myself and move forward, to be a support and help my family and the community in any way possible.

EVERYTHING IS POSSIBLE In these years I have learned that, with a lot of respect and a great attitude, you can reach the top and achieve happiness and your goals.

SUCCESS IS NOT UNATTAINABLE. If you, as a person, are willing to change, it will always be possible to transform your life and reach the top from where you can see the light and feel your emotional peace.

SO BE IT!

By: Miguel Núñez (El), BHRS-Health Ambassador, since 2024



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MI ARBOL Y YO

Un buen día salí de casa y me encontré a esta preciosura de árbol. Él ya no tarda en mudar sus hojas verdes, para convertir completamente sus hojas amarillas y verse así más hermoso. Él se ha convertido en mi compañía, mi confidente, mi hombro para llorar y, también, algo muy importante ya que en mi soledad él siempre está. Él me ha escuchado gritar, reír, orar, pero, sobre todo, HABLAR. He tenido ataques de ansiedad, estrés, inquietud, etc. Y él está ahí siempre para mí, es por eso que aquí les comparto esta fotografía de mi árbol para presentársela y poderles decir que un ser vivo puede llegar a escucharnos, aunque no hable, te ayuda a sanar todo lo que padecemos o los problemas emocionales que cargamos. Hace 30 años, cuando estaba en la oscuridad de las adicciones, no tenía la capacidad de conectar emocionalmente con la naturaleza. ¿Has abrazado un árbol?

Te invito para que puedas sentir la tranquilidad y la paz que transmite al hacerlo.

Por: Magda Ramírez (She, Ella), BHRS-Embajadora de Salud, desde 2024.



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MY TREE AND I

One day, I left the house and came across this beautiful tree. It will soon shed its green leaves, turning them completely yellow and looking even more beautiful. It has become my companion, my confidant, my shoulder to cry on, and also something very important, because it is always there in my solitude. It has heard me scream, laugh, pray, but above all—TALK. I have had anxiety attacks, stress, restlessness, etc. And it is always there for me. That is why I am sharing this photograph of my tree with you, to introduce it to you and to tell you that a living being can listen to us, even if it doesn't speak, and help us heal all that we suffer or the emotional problems we carry. Thirty years ago, when I was in the darkness of addiction, I didn't have the capacity to connect emotionally with nature. Have you ever hugged a tree?

I invite you to experience the tranquility and peace it brings.

By: Magda Ramirez (She, Ella), BHRS-Health Ambassador, since 2024.



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Mi segunda casa

Aquí comienza mi historia. Entre llantos, risas, juegos, amor y aprendizaje. Como maestra de cuidado infantil, me sentía muy contenta trabajando con niños, dando siempre todo de mí y viéndolos aprender todos los días algo nuevo. Me gustaba verlos jugar, correr, gritar emocionados cuando los llevábamos afuera.

Cuando les pasaba algo, como lastimarse o que otro niño no quería jugar o no lo incluían en el grupo, ellos venían hacia mí para que los consolara.

Lo que más me gustaba de mi trabajo era que mi supervisora nos involucraba a todas las familias y maestras a celebrar todas las culturas, como bailes, comida y tradiciones, y es así que guardo un bonito recuerdo de cada uno de ellos en mi corazón. Es mi pasión trabajar con niños. Mi mamá siempre me decía en México “Hija deberías estudiar para maestra”, porque ella veía algo especial en mí. Recuerdo que todos los niños se me quedaban mirando y sonriendo.

Aquí en este país estudié para ser maestra y me gradué en Cañada College en Redwood City. Trabajé durante muchos años en la misma compañía y me retiré. Ahora me siento muy triste y deprimida porque extraño mucho a mis niños.

Estoy muy agradecida con este programa de BHRS por todo el apoyo y aprendizaje. Quiero dar las gracias a todos mis facilitadores de cada entrenamiento al que he asistido. Ahora sé cómo autocuidarme y valorar todo lo que tengo.

La vida sigue, hay que sonreír.

Por: Irene Barrón, BHRS-Embajadora de Salud, desde 2023



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My second home

Here begins my story. Amidst tears, laughter, games, love, and learning. As a childcare teacher, I felt very happy working with children, always giving my all and seeing them learn something new every day. I loved watching them play, run, and shout with excitement when we took them outside.

When something happened to them, like getting hurt or another child not wanting to play or not including them in the group, they would come to me for comfort.

What I loved most about my job was that my supervisor involved all the families and teachers in celebrating different cultures, like dances, food, and traditions, and that's how I cherish the beautiful memories of each one of them in my heart. Working with children is my passion. My mother always told me in Mexico, "Daughter, you should study to be a teacher," because she saw something special in me. I remember all the children staring at me and smiling.

Here in this country, I studied to be a teacher and graduated from Cañada College in Redwood City. I worked for many years at the same company and retired. Now I feel very sad and depressed because I miss my children so much.

I am so grateful to this BHRS program for all the support and learning. I want to thank all my facilitators for each training I've attended. Now I know how to take care of myself and appreciate everything I have.

Life goes on, we have to smile.

By: Irene Barrón, BHRS-Health Ambassador, since 2023



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Cuando explotan la emociones

En muchos momentos de la vida sentimos que no tenemos el control de nuestras emociones, no sabemos qué hacer cuando estamos abrumados ya sea por las preocupaciones propias del hogar, los hijos, la economía, el trabajo, la situación migratoria, la familia que dejamos en nuestro país natal, la relación de pareja, la salud, la influencia externa, los estigmas, etc. Así como cuando se preparan las palomitas de maíz, ellas saltan y revientan en distintas direcciones, así me imagino cuando no podemos pensar en soluciones o en tranquilizar nuestra mente para tomar un respiro y con calma salir de esa abrumadora explosión. Solo con información y hablando abiertamente de los temas de salud mental he podido encontrar luz en el camino. Gracias a la clases que tome en el condado de San Mateo para ser Embajador de Salud Mental pude entender mis propio miedos, traumas y ayudar a mi familia y comunidad, abogar por mi y los derechos de los demás, pude darme cuenta que no somos pocos sino muchísimos los que pasamos por lo mismo y con información confiable y grupos de apoyo ya es de mucha ganancia.

Por: Noemi Ojeda (She,Ella), BHRS-Embajadora de Salud, desde 2019



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When emotions explode

There are many times in life when we feel we have no control over our emotions. We don't know what to do when we're overwhelmed by worries about our home, children, finances, work, immigration status, family we left behind in our home country, our relationships, health, external influences, stigmas, and so on. Just like popcorn popping in all directions, that's how I imagine it when we can't think of solutions or quiet our minds to take a breath and calmly emerge from that overwhelming explosion. Only through information and openly discussing mental health issues have I been able to find light on my path. Thanks to the classes I took in San Mateo County to become a Mental Health Ambassador, I was able to understand my own fears and traumas, and help my family and community. I learned to advocate for myself and the rights of others, and I realized that we are not just a few, but many who go through the same thing. Having reliable information and support groups is a huge help.

By: Noemi Ojeda (She, Ella), BHRS-Health Ambassador, since 2019



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De donde vienen mis miedos?

Las personas podemos tener heridas pasadas que no sabemos o no reconocemos porque nadie atendió eso en el momento que sucedió, a nadie le importó hablar de eso o porque se normalizó lo que estaba pasando y con el transcurrir del tiempo, salen a relucir acciones, pensamientos o se repite el patrón una vez más y no se logra una solución a esa cadena tormentosa que se transmite de generación en generación porque no se tiene el valor de enfrentar o se oculta a veces en adicciones o comportamientos que nos hacen daño.

Con lo aprendido como Embajadora de Salud Mental he descubierto esos flagelos de mi pasado y he podido corregir mis pensamientos, perdonarme, abrazarme y sanar en algo porque sigo en el proceso.

Por: Noemi Ojeda (She,Ella), BHRS-Embajadora de Salud, desde 2019



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Where do my fears come from?

We humans can have past wounds that we don't know about or recognize because no one addressed them at the time they happened, no one cared to talk about them, or because what was happening became normalized. As time passes, actions and thoughts resurface, or the pattern repeats itself, and a solution to this tormenting chain that is passed down from generation to generation is not found because we lack the courage to confront it, or sometimes we hide it in addictions or behaviors that harm us.

With what I've learned as a Mental Health Ambassador, I've discovered those scourges from my past and have been able to correct my thoughts, forgive myself, embrace myself, and heal in some way because I'm still in the process.

By: Noemi Ojeda (She, Ella), BHRS-Health Ambassador, since 2019



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Ya es Tiempo de usar tu Voz y Emprender el Viaje a la Libertad

En esta etapa de mi vida veo todos los logros que los programas me dieron.

1. Como clienta en la salud mental (BHRS) en el 2009, usando los recursos para mí y mis hijos. Tuve que abogar por los servicios para que mi hijo fuera escuchado y atendido en las escuelas. Mi hijo es un niño con ADHD.
2. Me prepararon para enfrentar la vida y me educaron para ser apoyo y esperanza para los demás. También para cuidar de mí misma y poder salvar 7 vidas en Half Moon Bay, CA, como Embajadora de Salud de BHRS.
3. Y ver qué hay más allá de los servicios y buscar más recursos para mi recuperación y sanación. Ser un ejemplo para todas esas madres solteras que a veces pensamos que ya no hay más salidas ni recursos y sentimos que somos fracasadas, y eso no es así. Al contrario, fracasar es quedarse adonde mismo y no valorarte y no tener voz ni voto.
4. Hoy en día abrimos un grupo de autoayuda en Half Moon Bay del cual soy coordinadora, gracias a todos los programas que me han ayudado a mi recuperación.
5. Este es un principio y un final de mi vieja yo y mi nueva YO, como una guerrera resiliente de mi nueva versión. Quiero dar gracias a la Oficina de Diversidad y Equidad.

Por: CMM, (Ella), BHRS- Embajadora de Salud, desde 2020



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It's time to use your voice and embark on the journey to freedom.

At this stage of my life I see all the achievements that the programs gave me.

As a client of the Mental Health Services (BHRS) in 2009, I used the resources for myself and my children. I had to advocate for services so that my son would be heard and supported in schools. My son has ADHD.

They prepared me to face life and educated me to be a source of support and hope for others. They also taught me to take care of myself and to be able to save seven lives in Half Moon Bay, CA, as a BHRS Health Ambassador.

And to see what lies beyond the services and seek more resources for my recovery and healing. To be an example for all those single mothers who sometimes think there are no more options or resources and feel like failures, and that's not true. On the contrary, failure is staying where you are, not valuing yourself, and having no voice or vote.

Today we opened a self-help group in Half Moon Bay, which I coordinate, thanks to all the programs that have helped me in my recovery.

This marks the beginning and end of my old self and my new self, as a resilient warrior of my new version. I want to thank the Office of Diversity and Equity.

By: CMM, (Ella), BHRS- Health Ambassador, since 2020



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LA PUERTA DEL BIENESTAR Y AUTOCUIDADO

Como inmigrante, cruzo la puerta frontera.

Miedos, sombras, llantos, noches de oscuridad en mi mente sin saber qué era la depresión.

Al ser mamá, mis deberes y desafíos de salud mental me traen depresión posparto. Lo sé por la educación que recibí, los talleres de bienestar que ofrece el Condado de San Mateo y que preparan Embajadores de Salud Mental. Gracias, BHRS, me encantan sus eventos comunitarios: Sana Sana, César Chávez, Summer Fest, Mayo Mes de la Salud Mental, solo por mencionar algunos. Al ser Embajadora logro impartir talleres de prevención del suicidio conocidos como “Reconozca Las Señales”; además, “Bases y Fundamentos de Nami,” “Familia a Familia y “Dar Esperanza.” Participo en grupos de café de padres; así como con KARA sobre duelo, NAMI y CARON, sacando resiliencia que todos tenemos. Ser Embajadora de Salud me permite lograr el bienestar, saber regularizar mis emociones y apoyar a otros. Lo principal abro la puerta de mi Autocuidado: deporte, caminar, arte, meditación, terapias, lectura y escritura, tejer, aromaterapia y comer saludable. Dibujar lo que me han enseñado mis hijos. Estas técnicas me conectan a mí misma, me ayudan a estar bien con mis emociones.

Mi experiencia como Embajadora y mi autocuidado me abren puertas a lo laboral dando soporte en casa con IHSS. También, con trabajo comunitario dirigiendo y en colaboración con agencias dando apoyo sobre bienestar y recuperación.

Por: Lourdes, Lulu, Briseño (Ella), BHRS-Embajadora de Salud, desde 2019



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THE DOORWAY TO WELL-BEING AND SELF-CARE

As an immigrant, I crossed the border gate.

Fears, shadows, cries, nights of darkness in my mind, without knowing it was depression.

As a mother, my duties and mental health challenges have led to postpartum depression. I know this from the education I received and the wellness workshops offered by San Mateo County and led by Mental Health Ambassadors. Thank you, BHRS, I love your community events: Sana Sana, César Chávez, Summer Fest, and Mental Health Awareness Month, just to name a few. As an Ambassador, I lead suicide prevention workshops such as "Recognize the Signs," "Nami's Foundations," "Family to Family," and "Giving Hope." I participate in parenting support groups, as well as with KARA on grief, and NAMI and CARON, drawing on the resilience we all possess. Being a Health Ambassador allows me to achieve well-being, regulate my emotions, and support others. Most importantly, I open the door to self-care: sports, walking, art, meditation, therapy, reading and writing, knitting, aromatherapy, and healthy eating. I also draw what my children have taught me. These techniques connect me with myself and help me manage my emotions.

My experience as an Ambassador and my self-care have opened doors for me professionally, providing in-home support through IHSS. I also work in the community, leading initiatives and collaborating with agencies to offer support focused on well-being and recovery.

By: Lourdes, Lulu, Briseño (Ella), BHRS-Health Ambassador, since 2019



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LUZ EN LA OSCURIDAD

Buscaba una luz en el camino de la oscuridad— así me sentía por algunos años, cuando todo mi mundo era oscuro. No tenía esperanzas de salir de esos momentos difíciles en los que me encontraba.

Pero en el camino oscuro apareció una luz que brillaba entre toda la oscuridad que me rodeaba: una persona de BHRS que hablaba sobre ayudas para padres que enfrentaban desafíos con sus hijos; esa fue mi luz. El camino de buscar ayuda y la recuperación fue duro porque en los entrenamientos hablaban sobre suicidio y esos eran mis puntos débiles en mi vida. En los diferentes talleres aprendí cómo apoyar a mis hijas y los pasos a seguir para apoyar a mi familia y a mi comunidad. Hoy mi luz sigue viva, aunque la oscuridad sea intensa. Hoy soy un Embajador de Salud Mental donde me siento orgulloso de mis logros y los logros de mis hijas y los compañeros que acompañaron el camino oscuro.

Por: Jesús L. Bonilla (El), BHRS-Embajador de Salud, desde 2019



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LIGHT IN THE DARKNESS

I was searching for a light in the darkness—that's how I felt for some years, when my whole world was dark. I had no hope of getting out of those difficult times I was going through.

But on that dark path, a light appeared, shining amidst all the darkness that surrounded me: a person from BHRS who spoke about support for parents facing challenges with their children. That was my light. The journey of seeking help and recovery was difficult because the training sessions focused on suicide, and those were my weak points in life. In the various workshops, I learned how to support my daughters and the steps to take to support my family and my community. Today, my light still shines, even though the darkness is intense. Today, I am a Mental Health Ambassador, and I am proud of my achievements, the achievements of my daughters, and the achievements of the colleagues who accompanied me on this dark journey.

By: Jesús L. Bonilla (El), BHRS-Health Ambassador, since 2019



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Una Niña Dañada ahora Resiliente Convertida en Mujer

Soy de un cantón muy pequeño llamado San Pedro Perulapán. Donde la niña era dañada, lastimada, sin protección ni ayuda de un adulto.

Por muchos años sufrió abuso y sufrió de depresión, ansiedad, ataques de pánico. Lo único que recibía de un adulto era desprecio; no se daban cuenta que estaba desgarrada por dentro.

Me convertí en madre soltera, inmigré a Estados Unidos. Los desafíos en este país me cambiaron mucho. Tome la decisión de buscar ayuda, por dos niñas que llegaron a mi vida.

Recibí apoyo del Programa Embajador de Salud donde se despertaron recuerdos que estaban encerrados. Y hoy puedo hablar. El dolor salió al hablar; mis padres nunca lo supieron. Sigo teniendo esa madre dura, con creencias antiguas; he roto el estereotipo y las cadenas para que mis hijos no vivan la misma cadena. No he sanado completamente, pero soy más valiente para decir “No Mas”. A la niña abusada, herida, lastimada, le digo “Estoy orgullosa de ti por cambiar tu historia”

No podemos cambiar ni olvidar el pasado, pero podemos mejorar el futuro. A la mujer de ahora, la madre soltera le digo: “ser mamá soltera no es un signo de haber fracasado, no bajes la cabeza.” Soy la misma, no soy otra. Cambie mi realidad para un futuro mejor para mí y mi familia. Estoy muy orgullosa de ser Embajadora de Salud para servir a mi comunidad de BHRS.

Por: Evelyn Garcia, BHRS- Embajadora de Salud, desde 2024



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A Damaged Girl Now Resilient Woman

I'm from a very small canton called San Pedro Perulapán. There, the girl was harmed, hurt, without protection or help from an adult.

For many years, she suffered abuse and suffered from depression, anxiety, and panic attacks. All she received from adults was contempt; they didn't realize she was broken inside.

I became a single mother and immigrated to the United States. The challenges in this country changed me a lot. I made the decision to seek help for the sake of the two girls who came into my life.

I received support from the Health Ambassador Program, which awakened long-buried memories. And today I can speak out. The pain came out when I spoke; my parents never knew. I still have that tough mother, with her outdated beliefs; I've broken the stereotype and the chains, so my children don't have to live the same cycle. I haven't healed completely, but I'm braver now to say "No More." To the abused, wounded, hurting girl I know, I say, "I'm proud of you for changing your story."

We cannot change or forget the past, but we can improve the future. To today's woman, the single mother, I say: "Being a single mother is not a sign of failure, don't hang your head." I am the same person, not someone else. I changed my reality for a better future for myself and my family. I am very proud to be a Health Ambassador serving my BHRS community.

By: Evelyn Garcia, BHRS - Health Ambassador, since 2024



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Mi Legado

Soy madre, hija de padres inmigrantes y lo mejor-soy Fuerte. Mi mayor legado es para mis hijos y mi voz y experiencia para mi gente son fuerza y unidad. En esta vida nos tocan golpes fuertes, pero nosotros tenemos que luchar por nuestros sueños. Mi mayor legado es que mis hijos me vean y nunca se den por vencidos. El legado para mi gente es que todo lo que nos proponemos lo podemos cumplir; no importan los obstáculos que enfrentemos en esta vida.

La vida me enseñó a luchar contra las debilidades y los fracasos. Fracasé muchas veces, pero nunca me di por vencida, me cansé de los fracasos, humillaciones y saber que yo podía y no creía en mí. Tuve miles de razones para darme por vencida. Mi mayor orgullo fue demostrar como Latina, madre soltera y de padres inmigrantes, que soy fuerte; y mostrar que los sueños que te pongas en mente los puedes cumplir. Mi fotografía para mí significa fuerza, unidad, esperanzas y los sueños si se pueden hacer realidad. Mi mensaje para mi gente es luchar, unidad y esperanza.

Este programa de BHRS fue una experiencia hermosa y me ayudó a entender mucho más a la comunidad de Embajadores de Salud. Al escuchar sus historias, me di cuenta de la fuerza que ellos tienen para salir adelante y seguir sus sueños.

Gracias!

Por: Neydi Joachin



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My Legacy

I am a mother, the daughter of immigrant parents, and best of all—I am strong. My greatest legacy is for my children, and my voice and experience are a source of strength and unity for my people. In this life, we face hardships, but we must fight for our dreams. My greatest legacy is that my children see me and never give up. My legacy for my people is that we can achieve anything we set our minds to, no matter the obstacles we face in this life.

Life taught me to fight against weaknesses and failures. I failed many times, but I never gave up. I grew tired of the failures, the humiliations, and of knowing that I could do it but not believing in myself. I had thousands of reasons to give up. My greatest pride was showing, as a Latina, a single mother, and the daughter of immigrant parents, that I am strong, and showing that you can achieve any dream you set your mind to. My photograph represents strength, unity, hope, and the fact that dreams can come true. My message to my people is to fight, unite, and have hope.

This BHRS program was a wonderful experience and helped me understand the Health Ambassador community much better. Listening to their stories, I realized the strength they have to overcome challenges and pursue their dreams.

Thank you!

Por: What was Joachin



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Mi Ramo HAP

En mi mano, sostengo un sencillo ramo—cada flor, un/a Embajador/a de Salud, cada capullo con su propia historia, voz y belleza. Junt@s forman una comunidad vibrante de coraje, resiliencia y amor. Caminar a su lado ha sido un privilegio, un regalo y un honor.

Rodeados de la belleza de la naturaleza, recuerdo la presencia siempre constante de Dios—Quien fortalece nuestros pasos, inspira esperanza en nuestras luchas y nutre cada temporada con gracia. Así como la tierra sostiene cada capullo, Dios nos sostiene, dándonos la fortaleza para perseverar.

Estas flores contienen historias de transformación—el florecer de la confianza y la esperanza, de la sanación, el despliegue del propósito, la belleza que crece cuando nos apoyamos unos a otros con compasión. Este ramo refleja el coraje, la fuerza y la resiliencia de l@s Embajador@s—su valentía, su cuidado hacia los demás y su compromiso con el cambio, incluso mientras sanan ell@s mism@s. Su impacto, arraigado en el amor, sigue creciendo en cada vida que han tocado, incluida la mía.

Cada flor guarda un recuerdo, un momento compartido, una historia de conexión. Aunque este capítulo se cierre, como flores que pueden marchitarse, el amor y las lecciones que hemos sembrado permanecen, plantadas como semillas en nuestros corazones, listas para florecer nuevamente. Sosteniendo este ramo, llevo conmigo esperanza, gratitud y conexión, sabiendo que lo que ha florecido aquí volverá a florecer.

Por: M.Martinez (ella), Embajadora de Salud-BHRS, desde 2022



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My HAP Bouquet

In my hand, I hold a simple bouquet—each flower, a Health Ambassador, each bud with its own story, voice, and beauty. Together they form a vibrant community of courage, resilience, and love. Walking alongside them has been a privilege, a gift, and an honor.

Surrounded by the beauty of nature, I am reminded of God's ever-present presence—He who strengthens our steps, inspires hope in our struggles, and gracefully nourishes each season. Just as the earth sustains each bud, God sustains us, giving us the strength to persevere.

These flowers hold stories of transformation—the blossoming of trust and hope, of healing, the unfolding of purpose, the beauty that grows when we support one another with compassion. This bouquet reflects the courage, strength, and resilience of the Ambassadors—their bravery, their care for others, and their commitment to change, even as they heal themselves. Their impact, rooted in love, continues to grow in every life they have touched, including my own.

Each flower holds a memory, a shared moment, a story of connection. Though this chapter closes, like flowers that may wither, the love and lessons we've sown remain, planted like seeds in our hearts, ready to bloom again. Holding this bouquet, I carry with me hope, gratitude, and connection, knowing that what has blossomed here will bloom once more.

By: M. Martinez (she), Health Ambassador-BHRS, since 2022



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El amor de una madre a un hijo con desafíos

Tuve un estigma muy fuerte contra la marihuana. En el 2014 descubrí que mi hijo de 14 años la estaba fumando. Al intentar tener un diálogo con él, me respondió que no pensaba dejar de fumar marihuana; me dijo: “Mamá, no importa lo que hagas o que me castigues.” Y mi respuesta fue mandarlo a la juvenil para rehabilitarse. Pero eso no lo ayudó ni paró su uso; al contrario, incrementó el consumo de marihuana. Fue ahí cuando empecé a usar otras herramientas, como el grupo de autoayuda, y nada funcionaba. Al mismo tiempo, empecé a involucrarme con los Embajadores de Salud de BHRS y tomé todas las clases y talleres para convertirme en Embajadora. Este proceso me ayudó a enfrentar mis estigmas sobre la marihuana y a aprender a abogar, tolerar, ayudar y tener empatía con mi propio hijo y sus desafíos en esos momentos. Le doy gracias a este programa que fue tan efectivo para reunificar a mi familia y ayudarme a recuperar a mi hijo. Después de 5 años de un largo camino de lucha, mi hijo y yo ahora tenemos diálogo y me dice: “Mamá, gracias por estar en los momentos más difíciles de mi vida.” Gracias a esto recuperé a mi hijo, que es un gran hombre. Encontramos la paz, la esperanza de que siempre se puede salir de lo más bajo que hemos caído para levantarnos y salir a impactar al mundo.

Por: Francisca Sanchez (Ella), BHRS-Embajadora de Salud, desde 2023



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A mother's love for a son facing challenges

I had a very strong stigma against marijuana. In 2014, I discovered my 14-year-old son was smoking it. When I tried to talk to him, he told me he wasn't going to stop; he said, "Mom, it doesn't matter what you do or how much you punish me." My response was to send him to juvenile detention. But that didn't help him or stop his use; on the contrary, it increased his marijuana consumption. That's when I started using other tools, like self-help groups, and nothing worked. At the same time, I started getting involved with the BHRS Health Ambassadors and took all the classes and workshops to become an Ambassador myself. This process helped me confront my stigma about marijuana and learn to advocate, be tolerant, help, and empathize with my own son and his challenges at that time. I am so grateful to this program, which was so effective in reuniting my family and helping me get my son back. After five years of a long and difficult journey, my son and I now have a dialogue, and he tells me, "Mom, thank you for being there during the most difficult moments of my life." Thanks to this, I regained my son, who is a wonderful man. We found peace and the hope that it's always possible to rise from the lowest point and make a difference in the world.

By: Francisca Sanchez (Ella), BHRS-Health Ambassador, since 2023



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Mi camino hacia la paz, luz después de la tormenta

Durante muchos años, viví en silencio desde niña. El abuso me robó la voz, la confianza y la inocencia. Crecí pensando que el dolor debía esconderse y callarse; era la única forma de sobrevivir, pero el silencio PESA. El silencio duele más que los golpes y las palabras que me hicieron sentir menos. Hoy escribo mi historia, no para recordar el sufrimiento, sino para SANAR. Escribo porque quiero decir a otras mujeres, que si se puede salir del abuso y del miedo. Que hablar es el primer paso para LIBERARSE. Mi historia, no solo es una historia de abuso, es una historia de resiliencia, de coraje y RENACIMIENTO. Todavía estoy en el proceso de curar heridas, pero ya no me avergüenzo de ellas. Cada palabra que escribo es una forma de recuperar mi poder, mi voz y MI VIDA. Gracias al Programa de Embajadores de Salud de BHRS por ayudarme a iniciar mi camino hacia la RECUPERACIÓN. Mi proceso comenzó con cursos que me dieron herramientas para ser una mejor MADRE. Con el tiempo, pude apoyar a mis hijos con sus desafíos. Además, los talleres de prevención de suicidio me ayudaron en mi proceso para perder el estigma, BUSCAR AYUDA y recuperar mi voz. Hoy por hoy, participo como Embajadora en mesas de recursos compartiendo mi historia de recuperación y ayudando a mi comunidad como me ayudaron a mí.

Por: E.G. (Ella), BHRS-Embajadora de Salud, desde 2023



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My path to peace, light after the storm

For many years, I lived in silence since childhood. Abuse stole my voice, my confidence, and my innocence. I grew up thinking that pain should be hidden and silenced; it was the only way to survive, but silence is heavy. Silence hurts more than the blows and the words that made me feel less than. Today I write my story, not to relive the suffering, but to heal. I write because I want to tell other women that it is possible to escape abuse and fear. That speaking out is the first step to liberation. My story is not just a story of abuse; it is a story of resilience, courage, and rebirth. I am still in the process of healing my wounds, but I am no longer ashamed of them. Every word I write is a way to reclaim my power, my voice, and my life. Thank you to the BHRS Health Ambassador Program for helping me begin my journey toward recovery. My process began with courses that gave me tools to be a better mother. Over time, I was able to support my children through their challenges. In addition, suicide prevention workshops helped me overcome the stigma, seek help, and find my voice again. Today, I participate as an Ambassador at resource tables, sharing my recovery story and helping my community as I was helped.

By: E.G. (Ella), BHRS-Health Ambassador, since 2023



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El Sufrimiento No Siempre Se Nota

RECONOZCA LAS SEÑALES

El Suicidio Es Prevenible



De la oscuridad, hacia la luz del conocimiento

Hace 12 años enfrenté un gran desafío que me hacía sentir en un hoyo oscuro y sentía que no podía salir de allí. Dos intentos de suicidio de mi hija menor eran la causa. Es triste enfrentarse a los grandes retos que enfrentan nuestros hijos, y no tener conocimientos sobre salud mental. Porque los trastornos mentales son condiciones de salud reales que afectan el funcionamiento de nuestra vida diaria. Comencé a capacitarme en clases para la salud mental que pudieran ayudar a mi hija y a mí. Estas clases fueron como un rayo de luz que cambiaron mi vida y me aportaron herramientas que puse en práctica inmediatamente. Como resultado, me gradué como Embajadora de salud mental. Aprendí que, con el tratamiento adecuado, las personas se recuperan por completo. Gracias a Dios y al tratamiento que recibió mi hija, y a todo el conociendo que he adquirido como Embajadora de Salud Mental, mi hija se recuperó por completo. Hoy es una joven entusiasta que estudia enfermería psiquiátrica para ayudar a otras personas que pudieran pasar por lo mismo. Hoy, me siento muy feliz por haber hecho todo lo necesario para salvar a mi hija. También me siento satisfecha de ayudar a mi comunidad, pues he facilitado muchos talleres para reconocer las señales y prevenir el suicidio.

Por: A.E., BHRS-Embajadora de Salud, desde 2015

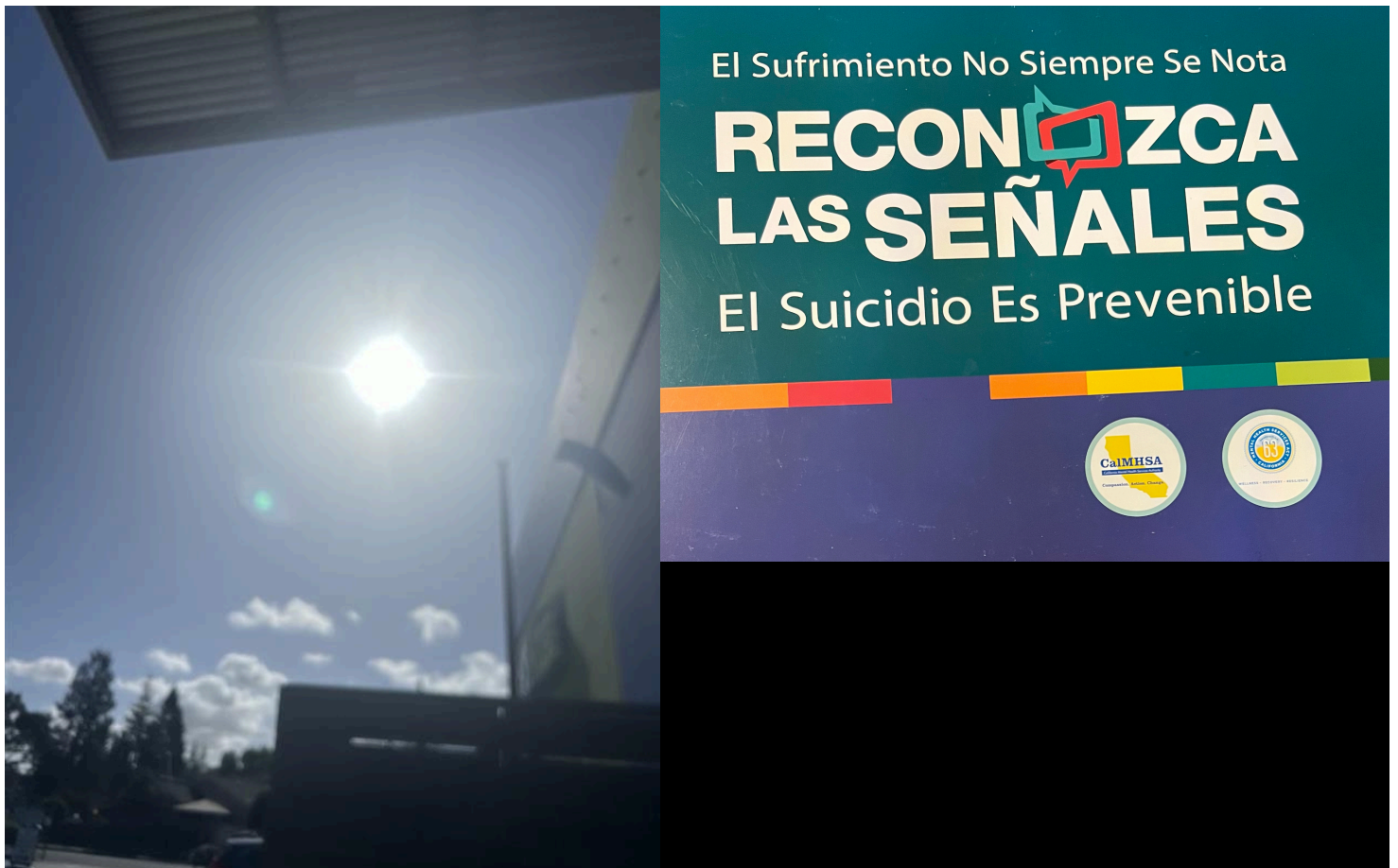


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From darkness to the light of knowledge

Twelve years ago, I faced a huge challenge that made me feel like I was in a dark hole, with no way out. My youngest daughter's two suicide attempts were the cause. It's heartbreaking to face the immense challenges our children face and lack knowledge about mental health. Because mental disorders are real health conditions that affect our daily lives. I began training in mental health classes that could help my daughter and me. These classes were like a ray of light that changed my life and gave me tools I put into practice immediately. As a result, I graduated as a Mental Health Ambassador. I learned that, with the right treatment, people can make a full recovery. Thanks to God, the treatment my daughter received, and all the knowledge I gained as a Mental Health Ambassador, my daughter made a full recovery. Today, she is an enthusiastic young woman studying psychiatric nursing to help others who may be going through the same thing. Today, I feel so happy that I did everything necessary to save my daughter. I also feel satisfied to help my community, as I have facilitated many workshops to recognize the signs and prevent suicide.

By: A.E., BHRS-Health Ambassador, since 2015



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¡EL SOL SALE PARA TODOS!

Este caminar con el Programa Embajador de Salud me ha enseñado a comprender y a entender que la salud mental es muy importante en nuestras vidas. No es fácil escribirlo, pero yo les comparto sobre mi depresión porque es algo que se me ha hecho muy difícil aceptar. Sé también que mi bienestar depende completamente de mí y en este taller de FotoVoz me pude dar cuenta de que una fotografía significa mucho porque te hace sentir cosas lindas y eso es lo que ahorita necesito después de tanto dolor y sufrimiento. Con este taller me he sentido mejor. Cuando tomé esa foto mi día cambió, el enfocarme en ese paisaje mi mente se fue al agradecimiento pues en ese momento no pensaba en nada, solo estaba enfocada en ese bello paisaje y eso me hace no pensar en lo que me daña. Amigas y amigos, los invito a que miren lo que nos rodea, a que nos tomemos un respiro, que, por estar enfocados en nuestro afán del día a día, nos perdemos las bellezas que hay a nuestro alrededor.

El haber llegado a este programa ha sido una bendición para mi vida. La persona que llegó hace dos años ya no es la misma y sigo creciendo.

¡Ahora he aprendido a valorarme, me quiero, sé que voy a salir adelante!

Por: Claudia Aracely Del Cid (Ella), BHRS-Embajadora de Salud, desde 2024



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THE SUN SHINES FOR EVERYONE!

This journey with the Health Ambassador Program has taught me to understand that mental health is very important in our lives. It's not easy to write this, but I'm opening up about my depression because it's something I've found very difficult to accept. I also know that my well-being depends entirely on me, and on this PhotoVoice workshop, I realized that a photograph means so much because it makes you feel beautiful things, and that's what I need right now after so much pain and suffering. This workshop has made me feel better. When I took that photo, my day changed. Focusing on that landscape filled my mind with gratitude because at that moment I wasn't thinking about anything; I was only focused on that beautiful scenery, and that helps me not to dwell on what's hurting me. Friends, I invite you to look at what surrounds us, to take a breath, because by focusing on our daily struggles, we miss the beauty that surrounds us.

Joining this program has been a blessing in my life. The person who arrived two years ago is no longer the same, and I continue to grow.

Now I've learned to value myself, I love myself, I know I'm going to get through this!

By: Claudia Aracely Del Cid (Ella), BHRS-Health Ambassador, since 2024



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EL IMPACTO QUE CAUSA EL ABANDONO DE PADRES A NIÑOS PEQUEÑOS

Esta es la historia de cinco niños abandonados por su madre en Guatemala. Su padre se hace cargo de cuatro y el quinto es el más afectado con mucho maltrato físico, verbal, emocional etc., marcando su vida en todas las maneras desde su niñez y hasta la vida adulta. Una de las niñas afectadas fui yo, ahora después de muchos años y de vivir en Estado Unidos, al fin pude salir adelante y pude ayudar a mi hermano el más pequeño. Gracias a todas las clases que he recibido como Embajadora de Salud Mental pude superar mis retos y ayudar a familiares y amigos, como a mi niño que ha enfrentado muchos desafíos desde que nació. Si yo pude, tú también lo puedes hacerlo.

Yo antes era bastante tímida; me daba miedo preguntar por ayudas que necesitaba para mi hijo. No sabía la manera de como pedirlo. Al recibir los entrenamientos se me empezó a quitar el miedo, se me fue lo tímida y ahora hasta para otras personas pido ayuda.

Esta es mi historia de transformación y la de mi familia.

Por: Edita Flores (Ella), BHRS-Embajadora de Salud, desde 2019



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THE IMPACT OF PARENTAL ABANDONMENT ON YOUNG CHILDREN

This is the story of five children abandoned by their mother in Guatemala. Their father takes care of four of them, and the fifth is the most affected, suffering severe physical, verbal, and emotional abuse, which has marked his life in every way, from childhood into adulthood. I was one of the children affected. Now, after many years and living in the United States, I have finally been able to move forward and help my younger brother. Thanks to all the training I've received as a Mental Health Ambassador, I've been able to overcome my challenges and help family and friends, like my son, who has faced many difficulties since birth. If I could do it, you can too.

I used to be quite shy; I was afraid to ask for the help my son needed. I didn't know how to ask. After receiving training, my fear began to disappear, my shyness faded, and now I even ask for help for other people. This is my story of transformation and that of my family.

By: Edita Flores (Ella), BHRS-Health Ambassador, since 2019



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Cicatrices Ocultas

Tuve una niñez muy difícil, en la que no había amor, comprensión ni protección. Mi adolescencia fue marcada por un trágico abuso. Me convertí en una mamá muy joven -una niña criando niños. En el 2013, ya en la Bahía con 3 niños, empecé a recibir apoyo para el cuidado de la salud mental de mi hija. Me quedé. Con el paso del tiempo, empecé a recibir apoyo psicológico para mí, porque no había enfrentado mis traumas de la niñez y la adolescencia, y mi salud emocional desequilibrada me llevó a intentar suicidarme. Después, una situación familiar detonó mis propios traumas y no sabía qué hacer: si ayudar a mis seres queridos o atenderme a mí. Como mamá, saqué fuerzas de donde, según yo, no había y así comenzó mi viaje de recuperación en el Programa Embajador de Salud, donde me sentí escuchada y respetada, y donde miré que no era la única que pasaba por estos retos. En el programa me hice de buenas amigas que son mi gran apoyo.

Hasta ahora, sigo tomando diferentes cursos porque me gusta aprender. Tengo dos empleos, uno donde trabajo con jóvenes a quienes escucho y apoyo y otro sirviendo a mi comunidad en una organización no lucrativa del condado.

Hoy soy más feliz porque estoy en recuperación y ya puedo hablar de las cosas de mi vida que antes estaban escondidas.

Por: M.F. (Ella), BHRS- Embajadora de Salud, desde 2014



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Hidden Scars

I had a very difficult childhood, devoid of love, understanding, and protection. My adolescence was marked by tragic abuse. I became a mother very young—a child raising children. In 2013, already living in the Bay Area with three children, I began receiving mental health support for my daughter. I stayed. Over time, I started seeking psychological support for myself because I hadn't confronted my childhood and adolescent traumas, and my unbalanced emotional health led me to attempt suicide. Later, a family situation triggered my own traumas, and I didn't know what to do: whether to help my loved ones or take care of myself. As a mother, I drew strength from where I thought there was none left, and that's how my recovery journey began in the Health Ambassador Program, where I felt heard and respected, and where I saw that I wasn't the only one going through these challenges. In the program, I made good friends who are a great support to me.

To this day, I continue taking different courses because I enjoy learning. I have two jobs: one where I work with young people, listening to and supporting them, and another serving my community at a county nonprofit organization.

Today I am happier because I am in recovery and I can now talk about things in my life that were previously hidden.

By: M.F. (Ella), BHRS- Health Ambassador, since 2014



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Cicatrices Ocultas

En el 2015, hace 10 años, estaba pasando por una de las etapas más terribles de mi vida. Mi hija hacía cartas para decirnos claramente que se quería suicidar. Como madre, no sabía cómo ayudar a mi hija. Sentí que el mundo se me acababa. No estaba preparada para leer ese tipo de notas. Empecé a buscar ayuda en salud mental para ella y también sobre cómo poder ser madre. Con muchos trabajos encontré ayuda para mi hija; me fue difícil aceptar y enfrentar que tenía retos de salud mental y no sabía lo que ella necesitaba. Fue un camino difícil de varios años. Entre el comportamiento explosivo, los retos de aprendizaje, el *bullying* y la depresión, no sabíamos cómo lidiar con sus síntomas. Un cambio en el medicamento hizo que ella actuara diferente. ¡Su mejoría llegó a tanto que se graduó de la high school! Si nuestros hijos caen 100 veces, 100 veces hay que levantarlos; darles amor, abrazarlos y comprenderlos.

Como persona, yo también sufrí cambios. Mi preparación como Embajadora de Salud me hizo ver que todos podemos tener retos de salud mental y que podemos recibir ayuda, y con esfuerzo uno puede salir adelante. Ahora, no solo ayudo al bienestar mío y de mi familia, sino que también trabajo en una organización no lucrativa para ayudar a la comunidad.

Por: A. Z. (Ella), BHRS- Embajadora de Salud, desde 2019

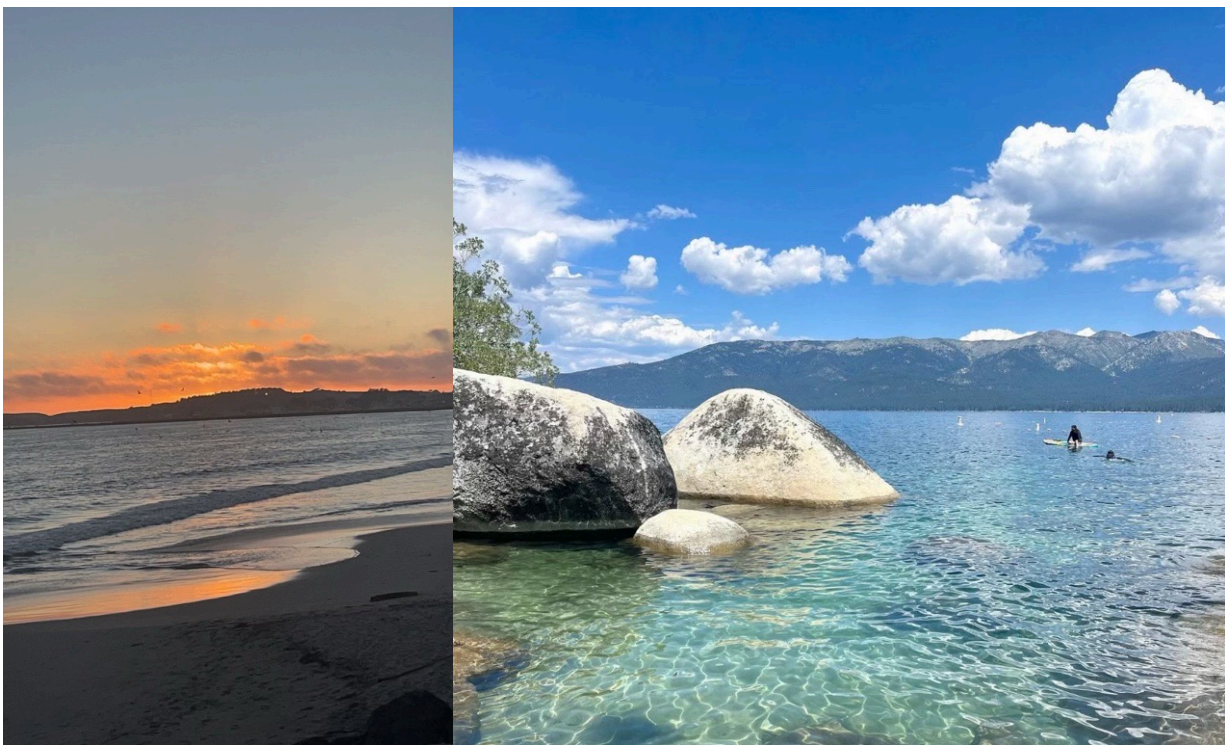


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Scars of the Soul

In 2015, ten years ago, I was going through one of the most terrible periods of my life. My daughter was writing letters to us, clearly stating that she wanted to commit suicide. As a mother, I didn't know how to help her. I felt like my world was ending. I wasn't prepared to read those kinds of notes. I started looking for mental health help for her and also for guidance on how to be a better mother. It took a lot of effort to find help for my daughter; it was difficult for me to accept and face the fact that she had mental health challenges and didn't know what she needed. It was a difficult journey that lasted several years. Between explosive behavior, learning difficulties, bullying, and depression, we didn't know how to deal with her symptoms. A change in her medication made a difference. Her improvement was so significant that she graduated from high school! If our children fall 100 times, we must lift them up 100 times; give them love, hug them, and understand them.

As a person, I also underwent changes. My training as a Health Ambassador made me realize that we can all face mental health challenges and that we can receive help, and with effort, we can overcome them. Now, I not only support my own and my family's well-being, but I also work for a non-profit organization to help the community.

By: A. Z. (Ella), BHRS- Health Ambassador, since 2019



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NUNCA HE ESTADO SOLA

En el camino de mi vida me han pasado alegrías y tristezas; hay cicatrices que no se cierran ni con el tiempo. Solo se vive con los recuerdos y los momentos que aún te hacen reír.

Los retos emocionales de mis hijos me pusieron a tocar puertas para buscar ayuda profesional. Der pronto se me presenta la oportunidad de aprender como conectar como madre, esposa, amiga y comunidad. Convertirme en Embajadora de Salud Mental me dio la patadita, el empuje para luchar contra viento y marea.

Poner en práctica las herramientas que he aprendido en este programa me ha permitido recuperar el control de mi vida y superar mis propios retos emocionales, permitiéndome vivir el recuerdo de mi hijo, que perdió la vida en un trágico accidente. Ser Embajadora de Salud me ha hecho lograr la recuperación, perdonar y soltar lo que no me corresponde; orando siempre con la compañía de Dios, quien puso en mi caminar este programa. Estoy bendecida de ser embajadora de salud y poder ayudar a mi comunidad conectándola con los servicios de salud mental y ahora facilitando los talleres de prevención de suicidio para jóvenes y adultos.

Nunca he estado sola porque siempre he estado con Dios y han estado los recursos y el soporte de los compañeros embajadores que siempre están cuando se necesita.

Por: Rosa Bañuelos (Ella), BHRS-Embajadora de Salud, desde 2019



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I HAVE NEVER BEEN ALONE

My life's journey has brought me joys and sorrows; some scars never heal, not even with time. Life is lived only through memories and moments that still make you laugh.

My children's emotional challenges led me to seek professional help. Suddenly, I was presented with the opportunity to learn how to connect as a mother, wife, friend, and community member. Becoming a Mental Health Ambassador gave me the push I needed to fight against all odds.

Putting the tools I've learned in this program into practice has allowed me to regain control of my life and overcome my own emotional challenges, enabling me to cherish the memory of my son, who lost his life in a tragic accident. Being a Health Ambassador has helped me heal, forgive, and let go of what isn't mine to bear; always praying with God, who placed this program in my path. I am blessed to be a Health Ambassador and to be able to help my community by connecting them with mental health services and now by facilitating suicide prevention workshops for youth and adults.

I have never been alone because I have always been with God and there have been the resources and support of fellow ambassadors who are always there when needed.

By: Rosa Bañuelos (Ella), BHRS-Health Ambassador, since 2019



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UNIDAS POR SIEMPRE

El caminar juntas ha sido un reto en medio de una separación y abandono desde abril del 2020.

En 5 años hemos crecido emocionalmente, superando miedos e inseguridades. Soy madre de tres hijas: 18, 15 y 9 años. Lo difícil de todo este proceso ha sido explicarle a mi hija menor la ausencia de papá en casa, pues no tengo respuestas a sus preguntas. Solo quiero cuidar el corazón de mis hijas y decirles que tienen el mejor papá del mundo, que mamá y papá las aman mucho y que son lo más importante para nosotros.

Durante estos años he aprendido a tener control sobre mis emociones y a aceptar lo que puedo cambiar y lo que no puedo en mi vida diaria. Relacionado con lo familiar, como madre e hijas hemos conectado mejor y todas tenemos un rol importante en nuestro hogar. Nuestras decisiones, opiniones y acuerdos son validados y han tenido un impacto positivo en nuestra vida diaria.

El Programa Embajador de Salud impactó mi vida, pues aprendí a escuchar primero a los de casa. Mi mayor aprendizaje fue ser sensible y valiente, aprendí a tener empatía por los demás, a validar sus emociones y sentimientos, también el pensar en mi bienestar mental y emocional, ser feliz con lo que hago sobre todo conectarme con Dios todos los días.

Todos los talleres que he tomado han sido mi terapia de crecimiento personal, sintiéndome completa, feliz, segura y capaz.

Por: LUZ M. LIMA FLORES (Ella) BHRS-Embajadora de Salud, desde 2024



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UNITED FOREVER

Walking together has been a challenge amidst separation and abandonment since April 2020.

In five years, we've grown emotionally, overcoming fears and insecurities. I'm a mother of three daughters: 18, 15, and 9 years old. The hardest part of this whole process has been explaining to my youngest daughter why her dad isn't home, because I don't have answers to her questions. I just want to protect my daughters' hearts and tell them they have the best dad in the world, that Mom and Dad love them very much, and that they are the most important thing to us.

Over the years, I've learned to manage my emotions and accept what I can and can't change in my daily life. Regarding family matters, as mother and daughters, we've connected better, and we all have important roles in our home. Our decisions, opinions, and agreements are valued and have had a positive impact on our daily lives.

The Health Ambassador Program impacted my life, as I learned to listen to those at home first. My greatest lesson was to be sensitive and courageous; I learned to have empathy for others, to validate their emotions and feelings, to prioritize my mental and emotional well-being, to be happy with what I do, and above all, to connect with God every day.

All the workshops I've taken have been my personal growth therapy, making me feel complete, happy, confident, and capable.

By: LUZ M. LIMA FLORES (Ella) BHRS-Health Ambassador, since 2024

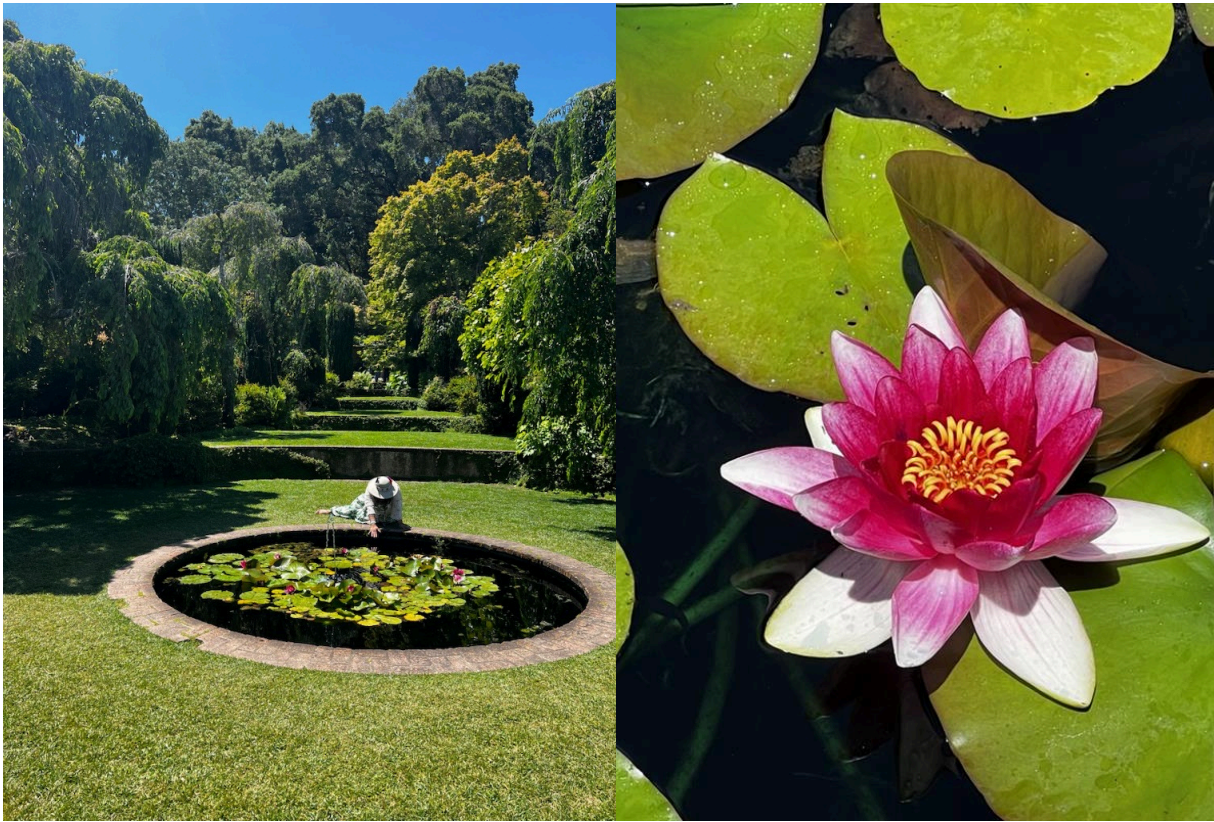


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GRACIAS 2018.

Gracias por ser el año de mi transformación personal.
 Cuando el viento sopla fuerte, esparce miles de semillas
 Algunas caen en tierra fértil
 Algunas en tierra árida
 Algunas caen en un lago fangoso
 Otras caen en donde no tienen esperanza de vida
 Como en un estanque lleno de lodo- donde el agua se ha estancado eh incluso podrido
 En esta profunda oscuridad es donde comienza la magia de la vida.
 Una hermosa semilla única
 Germina dando el comienzo a su majestuosa transformación
 Convirtiéndose en una dulce y mágica flor de lota
 Rompiendo con todos los estereotipos
 Ella emerge de la adversidad para compartir su mágica luz a todo aquel que la acompañe.
 Así como la flor de loto emerge del agua estancada
 Así yo también he sabido florecer
 En una comunidad que trajo apoyo, confianza y esperanza a mi vida.
 Infinitas gracias a cada uno de los integrantes de la comunidad del Programa Embajador
 de Salud por su excelente trabajo.

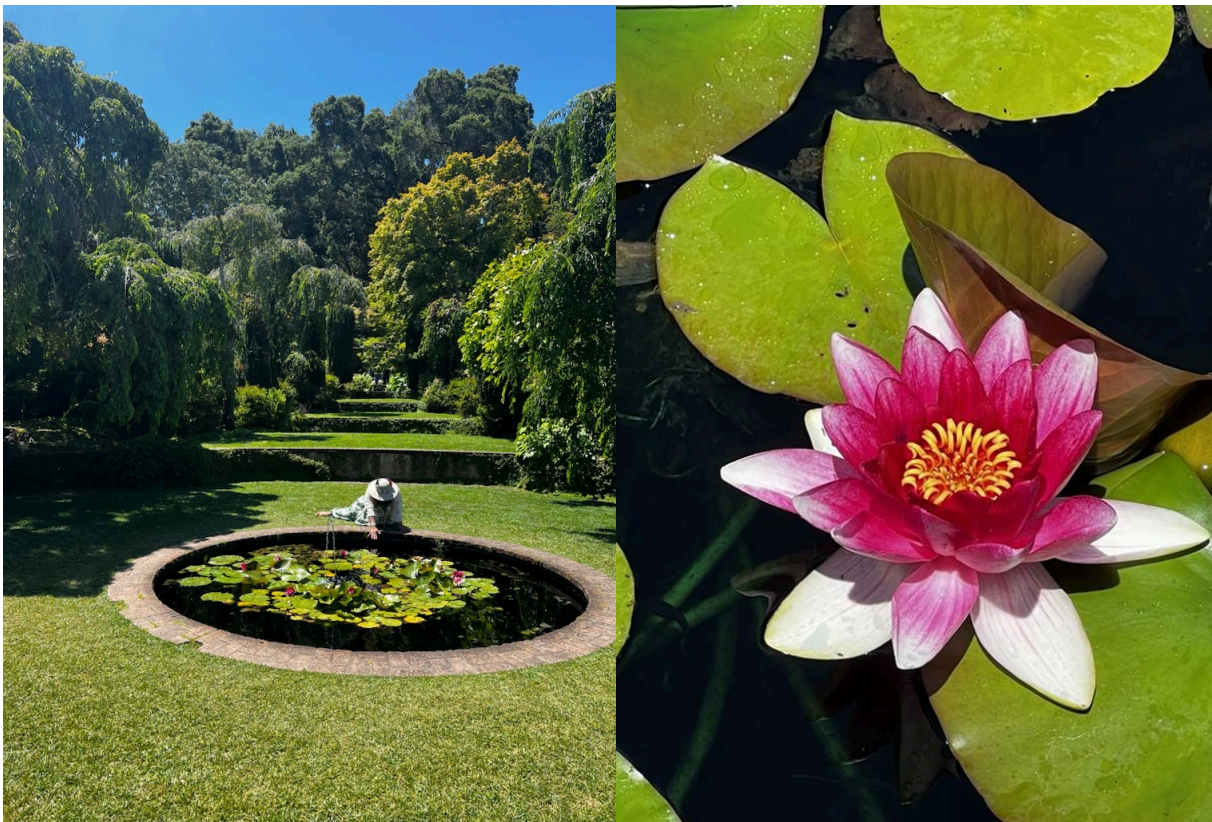
Por: Sandy Perez Muñoz (Ella), BHRS- Embajadora de Salud, desde 2019



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THANK YOU 2018.

Thank you for being the year of my personal transformation. When the wind blows strong, it scatters thousands of seeds. Some fall on fertile soil, some on barren land, some fall into a muddy lake, others fall where they have no hope of life, like in a muddy pond where the water has stagnated and even rotten. In this deep darkness is where the magic of life begins.

A beautiful, unique seed germinates, beginning its majestic transformation into a sweet and magical lotus flower. Breaking all stereotypes, it emerges from adversity to share its magical light with all who accompany it. Just as the lotus flower emerges from stagnant water, so too have I blossomed in a community that brought support, trust, and hope into my life.

Many thanks to each member of the Health Ambassador Program community for their excellent work.

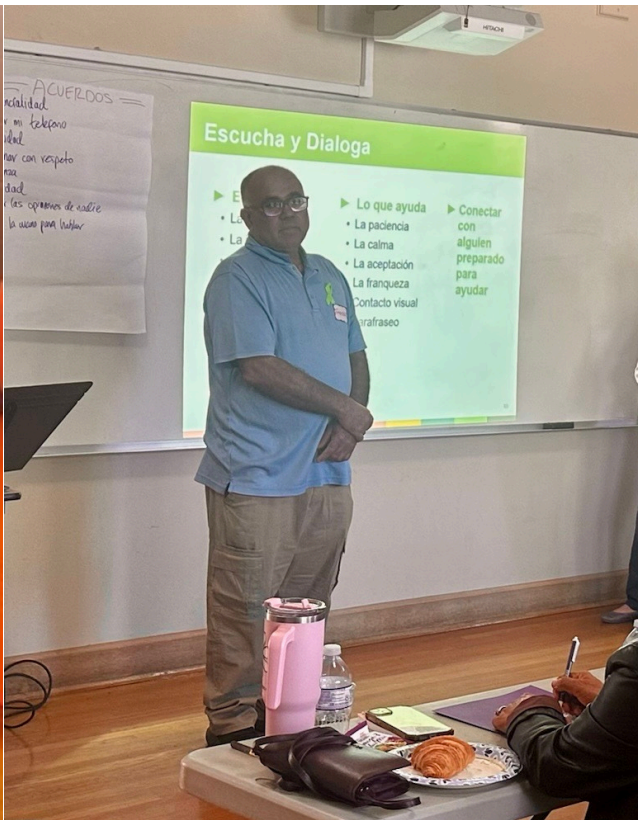
By: Sandy Perez Muñoz (Ella), BHRS- Health Ambassador, since 2019



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NUNCA ES TARDE

El buscar terapia para la salud mental es necesario. Y no tenga pena. A mí me tomó 55 años de mi vida para aceptar y cambiar mi salud mental, en general. Tengo una nieta que tiene muchos retos mentales y ella fue mi inspiración para aceptar mis retos. Por eso tomé la decisión de asistir al programa Embajador de Salud, para aprender a apoyarla y comprenderla. Cada semana tenemos terapia familiar. Y ella ha visto la diferencia de cómo le hablo y le escucho. Y también he aprendido cómo apoyar a mi comunidad. Mi salud mental es muy importante para poder ayudar a mi nieta.

No tengan pena en aceptar que tenemos necesidades mentales. El estigma personal es muy importante; nunca lo olviden. Gracias.

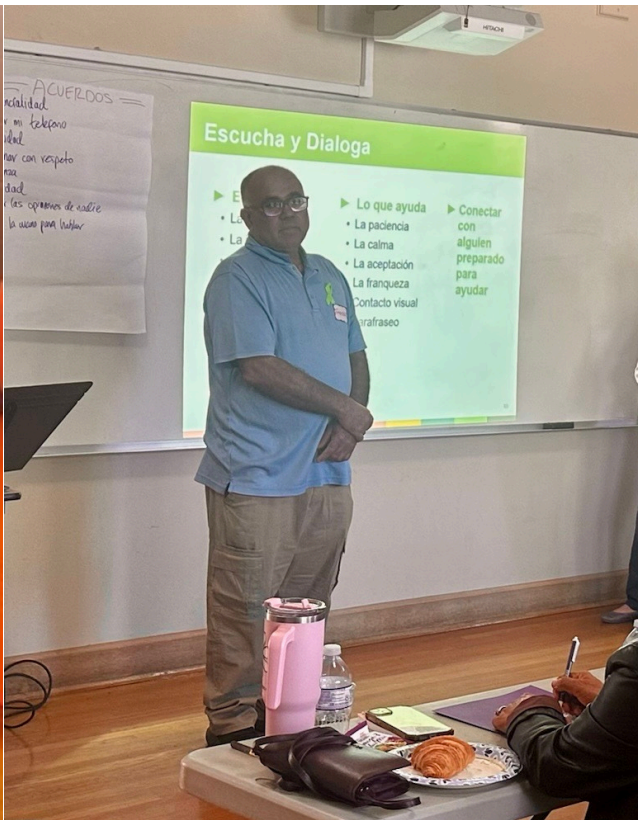
Por: Francisco Moreno (He/El) BHRS- Embajador de Salud, desde 2024



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IT'S NEVER TOO LATE

Seeking therapy for your mental health is necessary. And don't be ashamed. It took me 55 years of my life to accept and change my mental health, in general. I have a granddaughter who has many mental health challenges, and she was my inspiration for accepting my own challenges. That's why I decided to attend the Health Ambassador program, to learn how to support and understand her. We have family therapy every week. And she has seen the difference in how I speak to her and listen to her. I've also learned how to support my community. My mental health is very important so I can help my granddaughter.

Don't be ashamed to acknowledge that we have mental health needs. Personal stigma is very important; never forget that. Thank you.

By: Francisco Moreno (He/El) BHRS- Health Ambassador, since 2024



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MIS TRES REGALOS

Primeramente, quiero dar las gracias a mi Poder Superior y a mi esposa por mi recuperación. Por haberme apoyado en la recuperación de mis adicciones (Alcohol y drogas). Ya que, por acudir a trabajadoras sociales, me ayudaron en esto y, me mandaron a programas (AA y NA).

Mis 3 regalos pasaron cada uno por desafíos de comportamiento y salud mental. El 1er hijo le pasó en el 2015, diagnosticado con ataques de pánico severos, bipolaridad y déficits de atención imperativo, logrando su estabilidad convirtiéndose en Embajador de Salud Mental para jóvenes y graduarse en la escuela terapéutica. El 2do hijo diagnosticado a los 5 años con déficit de atención inactivo, motor lento y severo, y autismo; y de adulto con esquizofrenia e intento de suicidio. La 3ra hija sufrió de acoso, de *bullying*, llevándola a una crisis severa, psicosis y ansiedad. Está estable por el apoyo de sus papás Embajadores de Salud Mental y por los servicios de terapeutas del Condado de San Mateo. Estas situaciones me motivaron para acudir a los talleres de BHRS, graduándome como Embajador de Salud Mental, para poder ayudar a mi familia y a mi comunidad dejando al lado el estigma.

Por: José Luis Núñez L. (El) BHRS – Embajador de Salud, desde 2019



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MY THREE GIFTS

First, I want to thank my Higher Power and my wife for my recovery. For supporting me in overcoming my addictions (alcohol and drugs). Because I went to social workers, they helped me and referred me to programs (AA and NA).

My three gifts each went through behavioral and mental health challenges. My first child was born in 2015, diagnosed with severe panic attacks, bipolar disorder, and attention deficit hyperactivity disorder (ADHD). He achieved stability by becoming a Mental Health Ambassador for young people and graduating from therapeutic school.

My second son was diagnosed at age 5 with inactive, slow and severe motor attention deficit and autism; and as an adult with schizophrenia and attempted suicide.

My third daughter suffered harassment and bullying, leading to a severe crisis, psychosis, and anxiety. She is now stable thanks to the support of her parents, who are Mental Health Ambassadors, and the services of therapists in San Mateo County. These experiences motivated me to attend BHRS workshops, graduating as a Mental Health Ambassador, so I can help my family and my community by breaking down the stigma.

By: José Luis Núñez L. (The) BHRS – Health Ambassador, since 2019



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EL DOLOR NO SIEMPRE SE VE

En el Programa Embajador de Salud hemos aprendido a reconocer aquello que muchas veces permanece oculto. Muchos llegamos buscando recursos para nuestros hijos y descubrimos que nosotros también merecíamos apoyo emocional, conductual y de uso de sustancias.

En un espacio seguro, guiados por nuestros principios de **no juzgar, no criticar y no recomendar**, pudimos compartir nuestras historias a nuestro propio ritmo. Lo que antes era dolor y llanto se transformó en comprensión, respeto y conexión.

Pronto ya éramos un grupo al que sí se puede pertenecer **sin miedo y sin vergüenza**. Desde este lugar de apoyo, empezamos a conectar a nuestra comunidad con los servicios de BHRS, a promover la diversidad y la equidad, a participar en mesas de recursos, a facilitar talleres de prevención del suicidio y a contribuir a disminuir el estigma alrededor de la salud mental y las adicciones.

Aprender a vernos al espejo con compasión, hablar con libertad, pedir ayuda sin temor y nutrir nuestra espiritualidad en nuestro propio idioma nos ha fortalecido y unido.

Y como decimos con cariño:

El martes, ni te cases ni te embarques... **¡ni del Programa Embajador te apartes!**

Por: Charo Martinez (Ella), BHRS-Embajadora de Salud, desde 2018



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PAIN IS NOT ALWAYS VISIBLE

In the Health Ambassador Program, we've learned to recognize what often remains hidden. Many of us came seeking resources for our children and discovered that we, too, deserved emotional, behavioral, and substance use support.

In a safe space, guided by our principles of not judging, criticizing, or recommending, we were able to share our stories at our own pace. What was once pain and tears transformed into understanding, respect, and connection.

We soon became a group that people could belong to without fear or shame. From this supportive place, we began connecting our community with BHRS services, promoting diversity and equity, participating in resource groups, facilitating suicide prevention workshops, and helping to reduce the stigma surrounding mental health and addiction.

Learning to look at ourselves in the mirror with compassion, to speak freely, to ask for help without fear, and to nurture our spirituality in our own language has strengthened and united us.

And as we affectionately say:

On Tuesday, don't get married or set sail... and don't leave the Ambassador Program!

By: Charo Martinez (Ella), BHRS-Health Ambassador, since 2018



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