

# Vínculos En Español

(Links in Spanish)

## Centro de Información Nacional de la Salud Mental de SAMHSA

P.O. BOX 42557  
WASHINGTON, D.C. 20015

800-789-2647  
Lunes-Viernes  
8:30 a.m.-12:00 a.m., hora del este

Several featured publications – all at no charge – in Spanish

URL: <http://nmhicstore.samhsa.gov/espanol/default.aspx>

English site: <http://mentalhealth.samhsa.gov>

## ParentsMedGuide.org- Spanish Language Version

URL: <http://www.parentsmedguide.org/indexespanol.htm>

A website that contains information for parents and physicians on the use of medication in treating childhood and adolescent depression, including information on the FDA "black-box" warnings. The English version of the website is at: <http://www.parentsmedguide.org/index.htm>

## NIMH Publications in Spanish

URL: <http://www.nimh.nih.gov/health/publications/spanish/index-publication-all-es.shtml>

A variety of Spanish-language brochures, fact sheets, and booklets on mental health issues such as depression and anxiety.

## Comprender el suicidio: Lo fundamental (Understanding suicide: The basics)

URL: [http://www.mhatexas.org/F\\_2006UnderstandingSuicide\\_Spanish.pdf](http://www.mhatexas.org/F_2006UnderstandingSuicide_Spanish.pdf)

Addresses the alarming trend of suicide among Hispanic adolescents and young adults. Helps individuals, families and communities learn about suicide prevention and the actions that are critical to saving lives.

## AAS suicide fact sheets: Spanish Fact Sheets

URL: <http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets>

A collection of fact sheets in Spanish on: warning signs; understanding and helping the suicidal person; major sources of help for suicidal people; depression and suicide; and surviving after suicide.

[Signos de Advertencia](#) [PDF]

[Si Esta Pensando en Suicidarse](#) [PDF]

[Entendiendo y Ayudando al Individuo Suicidal](#) [PDF]

[Hechos sobre Suicidio y Depresion](#) [PDF]

[Supervivientes de Suicidio Hoja Informativa](#) [PDF]

[Mas Alla de Sobrevivir: Sugerencias para Supervivientes](#) [PDF]

[¿Estás tu o un ser querido al riesgo de suicidio?](#) [PDF]

## **Hacia La Recuperación Después Suicidio de Mi Hijo**

Toward Healing After My Child's Suicide

URL: [http://www.heartbeatsurvivorsaftersuicide.org/docs/toward\\_healing\\_translation.doc](http://www.heartbeatsurvivorsaftersuicide.org/docs/toward_healing_translation.doc)

## **Para el sobreviviente de un reciente suicidio**

To the Newly Bereaved After Suicide

URL: [http://www.heartbeatsurvivorsaftersuicide.org/docs/to\\_the\\_newly\\_bereaved\\_after\\_suicide\\_translation.doc](http://www.heartbeatsurvivorsaftersuicide.org/docs/to_the_newly_bereaved_after_suicide_translation.doc)

## **Cuando alguien se quita la vida**

When Someone Takes His Own Life

URL: [http://www.heartbeatsurvivorsaftersuicide.org/docs/when\\_someone\\_takes\\_his\\_own\\_life\\_translation.doc](http://www.heartbeatsurvivorsaftersuicide.org/docs/when_someone_takes_his_own_life_translation.doc)

## **¿Hace la oración cambiar las cosas?**

Yes Men Do Cry

URL: [http://www.heartbeatsurvivorsaftersuicide.org/docs/mencry\\_translation.doc](http://www.heartbeatsurvivorsaftersuicide.org/docs/mencry_translation.doc)

## **Cuidandose a si mismo y a su familia-Una guía familiar para su pariente en la sala de emergencias**

Suicide: Taking care of yourself & your family after an attempt

Family guide for your relative in the emergency department

URL: [http://www.sprc.org/library/family\\_guide\\_SP2.pdf](http://www.sprc.org/library/family_guide_SP2.pdf)

Brochure intended as a guide for families of suicide attempt survivors on what to expect in the emergency department and after release from the hospital

Also available in English in the Individual and Families brochure category.

To order hard copies visit the NAMI website at [http://www.nami.org/template.cfm?section=NAMI\\_Store](http://www.nami.org/template.cfm?section=NAMI_Store)

## **Cuidándose después de un intento de suicidio - Siguiendo adelante después de su tratamiento en la sala de emergencias**

Suicide: Taking care of yourself after an attempt

Moving ahead after your treatment in the emergency department

URL: [http://www.sprc.org/library/consumer\\_guide\\_SP2.pdf](http://www.sprc.org/library/consumer_guide_SP2.pdf)

Brochure intended as a guide for individuals on how to move forward after being treated in an emergency department for attempting suicide.

Also available in English in the Individual and Families brochure category.

To order hard copies visit the NAMI website at [http://www.nami.org/template.cfm?section=NAMI\\_Store](http://www.nami.org/template.cfm?section=NAMI_Store)

## **Understanding and helping the suicidal individual: Be aware of the warning signs (En Español)**

URL: <http://www.suicidology.org/web/guest/how-can-you-help>

Common warning signs of suicide, along with recommendations for action are given.

## **Suicide prevention: A parent and teen guide to recognizing suicide warning signs (MHA in Texas)**

URL: <http://parentinginformation.org/Suicide.pdf>

Lists major signs of adolescent's suicidal state of mind. Briefly describes critical prevention actions that parents and friends can take. Spanish translation included.

## **Child Survivors of Suicide: A Guidebook for Those Who Care for Them (Available in Spanish)**

URL: [http://www.afsp.org/index.cfm?fuseaction=shop.productDetails&product\\_id=B157BA8B-E4F7-BBE9-EA7A81D1FA6268D4](http://www.afsp.org/index.cfm?fuseaction=shop.productDetails&product_id=B157BA8B-E4F7-BBE9-EA7A81D1FA6268D4)

By Rebecca Parkin, M.P.H., Ph.D., and Karen Dunne-Maxim, M.S., R.N.

This paperback guide offers guidance for family members, educators and others who interact with young survivors.

## **Preventing Suicide: a resource series**

URL: [http://www.who.int/mental\\_health/resources/preventingsuicide/en/index.html](http://www.who.int/mental_health/resources/preventingsuicide/en/index.html)

World Health Organization website with multiple language translations of many documents on suicide prevention for many different audience groups