



## Activity 3.5

### Exploring Cultural Stigma in the Latinx Community

#### Objective:

- Examine assumptions and barriers in the Latinx community to seeking mental health support.

#### Steps:

1. Watch Kat Call video: <https://www.youtube.com/watch?v=gGBOhQJ9qvY>



2. Before the video explain, “To get us started we will watch an eight-minute video. This short video illustrates the stigma and cultural bias surrounding mental health in the Latinx community. It is a humorous take, but it does include a lot of useful information. The mother in this video speaks in Spanish for most of the video. To enable the subtitles, press the CC button in the bottom right side of the screen.”
3. After the video, have participants speak in pairs or in their table groups about what they just observed:
  - Is this similar to what they have seen in their cultures/their students’ cultures?