

# PsychSeries

*Sponsored by Albizu University's Psychology Clubs*

*Minority Mental Health  
Awareness-Special Issue*

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from the Editors**

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Students**

**Sponsored by**

Students Advocate for Youth Club

Neuropsychology Club

Health Psychology Club

**Editors:** Rita Rivera & Denise Carballea



## Welcome to PsychSeries

Hello, everyone, and welcome to PsychSeries: a publication sponsored by AU Psych Clubs. This platform has been created to keep students up-to-date with issues related to the SAY Club, the Neuropsychology Club, and the Health Psychology Club.

July is Minority Mental Health Awareness month. Mental health is not limited to a race and/or ethnicity. Therefore, it is important to become educated and raise awareness of the different challenges and issues individuals from minority groups may face, such as accessibility of mental health services. Remember: Each Mind Matters!

We encourage you to become informed and aware of these issues through the following resources.

Thank you for your support,  
*Denise & Rita*



# Biopsychosocializing: Conferences, Events & More

## Conferences

- **APA 2020 Convention is going virtual- August 2020**
  - Make sure to visit their website for more details: <https://convention.apa.org/>
- **Fielding Media Psychology Symposium- July 16 & 17**
  - Register for the free online conference at <https://symposium.fielding.edu/attendee-registration/>
  - Club members Rita Rivera and Denise Carballea are scheduled to present.

## Webinars

- **Culture, the Migration Journey, Trauma, and Assessment**
  - Check the free webinar at: <https://www.nctsn.org/resources/culture-the-migration-journey-trauma-and-assessment>
- **Culturally-Responsive Approaches to Serve Latin American Children who Experience Traumatic Separation**
  - Access the free webinar at: <https://www.nctsn.org/resources/culturally-responsive-approaches-to-serve-latin-american-children-who-experience-traumatic-separation>

## Free Courses/Certifications

- **Improving Cultural Competency for Behavioral Health Professionals**
  - Access the free course at: <https://thinkculturalhealth.hhs.gov/education/behavioral-health>
- **Promoviendo Decisiones Saludables y Cambios en la Comunidad**
  - Mira el curso en la página: <https://thinkculturalhealth.hhs.gov/education/promotores>

# Action Potential: Resources for Psych Students

## Resources for Working with & Advocating for Individuals from Minority Groups

- American Psychological Association-Promoting Positive Mental Health Among Racial/Ethnic Minority Children: <https://www.apa.org/pi/families/resources/positive-mental-health.pdf>
- US Department of Health and Human Services Office of Minority Health (OMH): <https://minorityhealth.hhs.gov/Default.aspx>
- Mental Health America BIPOC Mental Health: <https://mhanational.org/bipoc-mental-health>
- National Alliance on Mental Illness-Learn about Minority Mental Health Month: <https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Learn-About-Minority-Mental-Health-Month>
- Each Mind Matters-California's Mental Health Movement Resource Center: <https://emmresourcecenter.org/collection/minority-mental-health-awareness-month>



NATIONAL MINORITY  
MENTAL HEALTH  
AWARENESS MONTH

MES NACIONAL  
DE CONCIENCIACIÓN  
SOBRE LA SALUD MENTAL  
DE LAS MINORÍAS



Want to be featured on the next  
PsychSeries?

Email us at:

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[dc0225987@sunmail.albizu.edu](mailto:dc0225987@sunmail.albizu.edu)

*All club members are welcome to submit!*

## Resources & Updates on COVID-19:

- APA COVID-19 Information and Resources: <https://www.apa.org/topics/covid-19/>
- COVID-19 & Human Rights Resources: <https://www.aas.org/coalition/covid19>
- GeroCentral Resources: <https://gerocentral.org/clinical-toolbox/covid-19-resources/>
- COVID-19 Videos: <https://www.youtube.com/playlist?list=PLxf85IzktYWITKcBMmgbLA4p2fTxCmQmB>