

Compartiendo Esperanza



The National Alliance on Mental Illness's (NAMI) **Compartiendo Esperanza** initiative centers Hispanic and Latin American heritage to inspire and share culturally grounded support, destigmatize wellness and create pathways to healing practices.

Compartiendo Esperanza is a three-part conversation series which uses dialogue, videos, sacred storytelling and guided discussion to explore the various avenues to wellness and well-being. Stories shared through Compartiendo Esperanza demonstrate that we don't have to struggle alone, and that it is okay to lean on one another for support. By sharing knowledge of the communities' cultured, restorative, transformative practices — Compartiendo Esperanza offers a roadmap toward healing and helps make these conversations a little less difficult.

Compartiendo Esperanza is for, by and about Hispanic and Latin American communities. The conversations serve as an invitation and reminder of the knowledge, resilience and cultural wisdom that has been passed down for generations, providing communities with the tools to overcome challenging situations. By starting the conversation, participants share wellness and healing practices and connect to ongoing support.

Compartiendo Esperanza is part of NAMI's Sharing Hope Series, a cross-cultural initiative to destigmatize mental health in racially and ethnically diverse communities. Please join us in ensuring our communities feel welcome, respected and heard.



Click or scan the QR code to learn more about Compartiendo Esperanza. To learn more or set up an orientation or community conversation, please contact Laura Martinez (lmartinez@nami.org) Lead Consultant, Compartiendo Esperanza.

The National Alliance on Mental Illness (NAMI) is the nation's leading grassroots mental health organization. NAMI's mission is to provide advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.