



Mental Health Association in Waukesha County, Inc.
Community Prevention Education
Resource Center Spanish Materials List

Mental Health Association Mission Statement

Promoting good mental health and working to improve the treatment and acceptance of people with a mental illness.

Community Prevention Education Mission Statement

Educating individuals about mental health and working to reduce the stigma associated with mental illnesses.

There are materials suitable for all ages. Materials include: brochures, books, resources, activity and coloring books for youth. Limited material is available in Spanish.

Referrals for additional resources can also be provided.

RESOURCE TOPICS IN SPANISH

Please contact the Community Prevention Education Office at (262) 547-0769 if you are interested in receiving more information about any of the Mental Health Association in Waukesha County Programs, or if you wish to receive any of the following print items.

- **Esquizofrenia (Schizophrenia)**
 - o Entendiendo la esquizofrenia (Understanding schizophrenia)
 - o Una explicacion de la esquizofrenia (Explaining Schizophrenia)
- **Medicinas (Medications)**
 - o Interacciones de medicamentos (Medication interactions)
 - o Mis medicinas- mujeres (My medicines-women)
 - o Esta enfermo uno de sus hijos? (Is one of your kids sick?)
- **Head Start Program**
 - o Dele A Su Hijo La Ventaja Educativa Inicial De Head Start
- **Estres (Stress)**
 - o Los Padres y el estres (Parents and stress)
 - o Lo que todo el mundo debe saber sobre el estres (what the everyone should know about stress)
- **Abuso (abuse)**
 - o Acoso sexual en la escuela (sexual assault in school)
 - o Anuque el nombre vario todo esto es abuso (Although the name varies it's all abuse)
- **La Ira (Anger)**
- **Artritis (Arthritis)**
- **Comportamiento obsesivo compulsivo (OCD)**
- **Panico (panic)**
- **Estres Postraumatico (PTSD)**
- **Depresion (Depression)**
- **Para mujeres (For women)**
 - o No es una parte natural del envejecimiento (not a normal part of growing older)
 - o Como superar la depresion (how to overcome depression)
- **Alzheimer's**
 - o Enfermedad de Alzheimer
- **Fumar (Smoking)**
 - o Dejar de fumar (Quit smoking)
 - o Segunda mano (second hand smoke)
 - o Los peligros de fumar (dangers of smoking)
- **Las Drogas (Drugs)**
 - o Proteja a sus hijos de las drogas (keeping your kids drug-free)
- **Cocinando para grupos (cooking for groups)**
- **Directorio de recursos (Resource directory)**
- **Lista de publicaciones federales en espanol para el consumidor (List of Federal Consumer Publications)**
- **Como estas? (How are you? Mental Well-Being)**
- **150 Maneras de mostrar a los ninos su inters por ellos (150 ways to show your kids you care)**
- **Para Adolescentes**
 - o Cuando muere un ser querido (when someone you love dies)
 - o La convivencia en una familia por afinidad (Living in a step family)
 - o Cuando vives con violencia familia (When you live with family violence)
 - o Para tomar decisiones inteligentes (making smart decisions)
- **El syndrome de sjogren**
- **El rol del/la psiquiatra Geriatricola (Geriatrics)**
- **Intimidar: Ya Basta (Bullying)**
- **Controle sus sentimientos: Enojarse y ser padre**
- **Seguridad personal de los ninos: una guia para los padres (Personal safety of children: A parents guide)**