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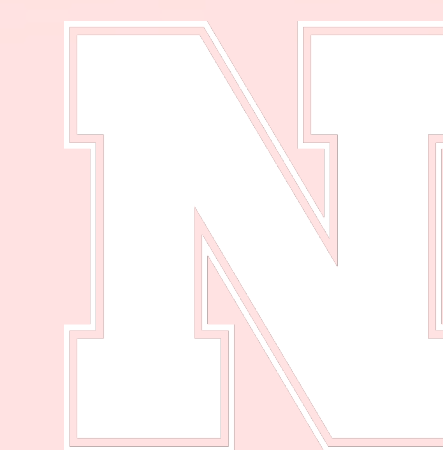
Mental Health in Mexican Culture

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Omaha South High School 2022

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Abstract

This research analyzed the stigma on mental health in Mexican culture. This research explored and attempts to explain how the behaviors and beliefs in the Mexican culture affect current relationships within families as well as future generations. An analysis on typical conditions Mexican families go through will be connected to the affects.

Key Points

- Stigmas, both public and self internalized
- Stereotypes and mental illnesses seen as weak, dramatic and crazy.
- Taboos, not making a safe space to talk about needing help or understanding symptoms of mental illness.
- Poverty and reduced access to good health insurance being a cause to not seek help.
- Religion
- Misogyny

Conclusions & Discussion

Mexican families have gone through and continue to go through many struggles that will lead to mental health issues. It is important to also understand the problems with the culture already, many of which are self-inflicted. Lack of conversations and education will keep these complications linear.

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