

Ingrid Marilyn Argueta

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03/23/2024

Topic: support to mental health for Hispanic Community.

To whom it might concern,

My name is Ingrid Argueta. I am a community worker for the Hispanic Community. This testimony is for the honorable representatives of our city and county. I write to you very grateful for allowing us this powerful opportunity to hear our voices. I am writing to you as a citizen concerned about the lack of support towards resources in the County and our community in the area of Mental Health.

Mental health is a fundamental aspect of well-being that affects numerous individuals and families in our community. It is crucial that they take steps to ensure that those facing challenges in this area in our community. It is crucial to take measures to ensure that those facing challenges in this area receive the care and support they need. For example, I have countless stories about this topic and there are not many resources to provide support, especially in a minority groups like ours. A shocking story is the issue of suicide in young people and the use/abuse of illicit substances. Young people suffer silently, and it is our responsibility to support them the best we can. It is important to remember that a person's mental health can change over time depending on many factors; people get very stressed depending of what is happening in their life. For example, if someone is working long hours (especially in the Hispanic Community), caring for a family member, or experiencing financial difficulties, they may experience poor mental health. I am affiliated with the Identity organization, in which we promote a program formerly called "Emotional Support Groups," in conjunction with the University of Maryland.

The stigma of the issue is so great in our community that there is such a lack of acceptance that at some point in our lives we need emotional support that we had to change the name of the group to 'MEETING GROUPS'. In which we worked with the general community, dividing youth groups by age and categories, women's groups and men's groups. My direct request is focused on the fact that I do not want the program to disappear. Why? Because they are a great benefit and support for our families in the Community. Also, I belong the organization Coaching Salud Holística which it is an organization that focusses on the community to provide a wide range of resources for our community, Latinos Unidos and Una Organization that have been the initiation of the organization Mujer Fuerza Y Coraje. We work organizing community baby showers, where we bring things for needed expecting mothers, so they don't feel alone during their journey to motherhood. We need to create those bonds of love; empathy and we need your support. Sincerely, Ingrid Argueta