

# U.S LATINOS: SUICIDE RISK AND CULTURAL COMPETENCE

Factors that increase suicide risk in Latino Americans and how to be culturally aware



## Suicide

Risk factors

- Age
- Age of migration
- Time spent living in the U.S
- Perceived discrimination
- Birthplace
- Cultural assimilation
- Religiosity
- Ethnic identity
- Area divorce rates
- Levels of white-Hispanic inequality



## Why Should Client Care Be Different?

Cultural Differences  
Professional Relationship  
Language Barriers  
Worldview

## • How to be Culturally Sensitive •

- Understand that you *do not understand*
- Familiarize yourself with your client's specific culture
- Overcome any language barriers
- Explain the process thoroughly and clearly
- Create a safe space for your client

- Ask your client about their worldview and how they view themselves
- Be willing to disclose some of your own information
- Be willing to put in the time and effort or find someone who will
- Most importantly, **listen** and **support**

## Summary

Recognize  
Learn  
Explain

Ask  
Listen  
Support



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## References

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