



COLORADO: Suicide Prevention Program Gives Latina Teens Voice through Art

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News Type: Weekly Spark, Weekly Spark News

State: Colorado

[CBS4](#) [1]

A program run by the Mental Health Center of Denver is working to reduce suicide rates among Latina adolescents through peer-to-peer support, adult mentoring, and art therapy. Voz y Corazon, which means “voice and heart,” was founded 13 years ago by community members in response to high rates of suicide attempts in the young, Latina population. The program provides a safe space for teens to communicate their thoughts and feelings. Said program coordinator Michelle Tijerina, “We’re trying to help our young people feel like they can express both what’s going on with them, but also what’s in their heart.”

Spark Extra! Check out the [webcast](#) [2], Understanding Latinas’ Suicidal Behaviors and Implications for Practice.

Populations: Adolescents, Hispanics and Latinos

Planning and Implementing: Culturally Based Practices

Strategies: Connectedness

Links within this resource

[1] <http://denver.cbslocal.com/2016/06/07/suicide-prevention-program-gives-latina-teens-voice-through-art/>

[2] <http://www.sprc.org/training-institute/samhsa-webinars/understanding-latinas%E2%80%99-suicidal-behaviors-and-implications-practi>

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