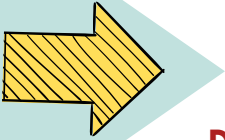


NATIONAL HISPANIC HEALTH FOUNDATION

Reducing Stress in the Hispanic Community Amidst New Immigration Policies

The National Hispanic Health Foundation (NHHF) is dedicated to transforming the healthcare system through leadership, research, and education to increase Hispanic health equity. NHHF is concerned about the new policies around immigration and offer the following information to decrease stress and anxiety in the Hispanic community.

Understand Your Rights
What to do if ICE or a law enforcement officer comes to your house or stops you in your community



Key Phrases to Remember

- “I choose to remain silent”
- “I do not consent to a search”
- “Am I free to go?”
- “I want to speak to a lawyer”

Stay Calm and Silent

- Don’t panic. You have the right to stay silent.

Ask for a Warrant

- A warrant signed by a judge is needed for an officer to enter your home.
- Ask them to show you the warrant through a window or under the door.

Don’t Sign Anything

- Never sign any papers without talking to a lawyer first.

Document the Incident

- If safe, record the encounter and document the officers’ name and badge number

Documents of Identification

- Carry important documents (e.g., ID, passport) safely in the emergency.
- Have a list of trusted contacts, including family members and lawyers.

Accessing Community Mental Health Support

<p>National Alliance on Mental Health (NAMI) www.nami.org</p> <p>The <u>Compartiendo Esperanza</u> initiative by NAMI provides group support to help facilitate discussions on mental health and wellness.</p>	<p>Undocu Health Mental Health Directory www.unitedwedream.org</p> <p>The Mental Health Directory provides a list of pro-bono or low-cost mental health practitioners across the U.S. that are ready to help the undocumented community.</p>	<p>National Association of Free & Charitable Clinics (NAFC) www.nafcclinics.org</p> <p>NAFC provides resources and a local clinic locations for anyone uninsured to access mental health care.</p>
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