

HUMIND

Vision

Improve mental health of children, adolescents and their caregivers in Mexico.

Mission

Humind Care A.C. ("Humind") is a non-profit organization for the promotion of mental health and the prevention of suicide in children and adolescents in Mexico through three major initiatives: 1) promote mental health awareness in children, parents and school staff, 2) increase the availability of child and adolescent mental health professionals and 3) provide behavioral health services of the highest quality for children, adolescents and their caregivers.

Why Humind?

The founders of **Humind** lost their 17-year-old son to suicide in July 2019. Finding access to quality mental health services in Mexico for their children before and after this tragic event has been a struggle. By contrast, they recently experienced the extraordinary results of being treated at a world class multidisciplinary and collegiate decision-making child and adolescent mental health provider in the US. In hopes of preventing other families from suffering similar pain and frustration, the founders established **Humind** to promote mental health awareness and bring home access to some of the best practices in this field.

Initiative 1: Promote Mental Health Awareness

Establish partnerships with schools in Mexico to create awareness of mental health being as important as physical health for the wellbeing of children and teenagers. **Humind** will promote mental health education for children, their parents and school staff, aiming to achieve early detection for behavioral health issues and suicidal behavior, facilitating a timely intervention.

Initiative 2: Improve Availability of Mental Health Professionals

Very few mental health professionals in Mexico are specializing in treating children and adolescents. This is in part because of the opportunity cost of not starting their practice soon after obtaining their psychiatry or psychotherapist degree. **Humind** will provide economic incentives to encourage these professionals to specialize in the field, in addition to sponsoring internships, fellowships and observerships with the best mental health institutions worldwide, so that they can bring back to Mexico the best practices they learned.

Initiative 3: Provide Pediatric Behavioral Health Services

Humind will establish in Monterrey, Mexico a child and adolescent clinic for outpatient and intensive outpatient services for the treatment of mental health conditions, including anxiety, depression and other mood disorders, post-traumatic stress disorder (PTSD), developmental disorders including attention deficit hyperactivity disorder (ADHS), oppositional defiant disorder (ODD), bipolar disorder, psychoses, and the management of patients at risk of suicide. Mental health services will be provided by a multidisciplinary, integral and collegiate team, comprising child psychiatrists, psychotherapists, social workers, nurses and occupational therapy specialists. **Humind** seeks to establish a partnership with a leading pediatric mental health services provider in the world, in order to implement best practices, promote continuous education, foster research opportunities, and have additional support from international experts in complex cases.

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