

Chapter 8

Somos Fuertes Pero También Sufrimos (We Are Strong but We Also Suffer): *La Salud Mental de Hombres Latino* (The Mental Health of Latino Men)

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ABSTRACT

The mental health of men has recently become a topic of interest to social scientists and mental health professionals. The chapter presents a strength-based and culturally informed understanding of the inter-related factors associated with the mental health of Latinx men. Concepts such as masculine ideologies, gender socialization, help-seeking behaviors, as well as relevant trends within higher education and the mental health fields. The authors engage readers in an adapted version of the Latinx oral tradition of testimonios. The authors incorporate personal and professional experiences throughout the chapter that are relevant to the topics and to facilitate a deeper connection and appreciation with the experiences of Latinx men and their mental health.

DOI: 10.4018/978-1-6684-4901-1.ch008

**CHOSEN STANZAS FROM *BEHIND THE MASK OF A WARRIOR SLAM*
POEM WRITTEN AND PERFORMED AT COCKTALES “STORIES
OF MASCULINITY PT.1” BY BRYAN O. ROJAS-ARAUZ**

It is time for us as men to start fighting back

Fight back a society that has deemed us emotionless

Fight back for ourselves and our sons

We are at war, shackled and chained, trapped in a box

We are warriors that were never given the tools for survival

A generation of fatherless sons

Single mothers raising men in fatherless homes

As young men had to figure it out all on our own

No one to show us how to be men

Hiding behind the mask of a warrior

We got it all wrong

I was built on aggression

And so I became aggressive

At 13 the first time I was jumped

Also the first time I was praised because I put up “a good fight n didn’t bitch about it”

Busted lip, bloody knuckled, and dirty

The medals of honor I earned in the makings of a warrior

Like another circus attraction it was all about the show

I was angry,

Angry at the fact I was not allowed to be sad

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