



Who is Victor Luna?

A VIDEO SERIES BY P.U.E.N.T.E. LAB

Victor Luna is a Latino adult male in his mid-20's that is reflecting on his prior experiences with anxiety and depression in High School and what prompted him to seek formal mental healthcare.

Victor Luna: My Journey into Mental Health follows Victor's story, offering a closer look at mental health through the eyes of someone navigating cultural stigma, family misconceptions, and the pressure to overcome in silence.



Mental Health Providers can visit [Page 10](#) to learn more about the *Victor Luna Interactive Activity*.

SCAN HERE FOR
VICTOR LUNA
SERIES



Why is Victor Luna's story important?

This video is not just Victor's story; it's a bridge for families like his. It creates an opportunity for culturally-diverse youth and parents to start conversations about mental health, understand its importance, and see the value of culturally responsive care. Victor's experience inspires hope and reminds us that seeking help is not a sign of weakness but of strength and resiliency. His journey sheds light on the struggles many face when mental health is dismissed or stigmatized and shows how seeking support can transform lives.

Why Storytelling Increases Mental Health Awareness

The research team behind P.U.E.N.T.E Lab has developed an 8-minute narrative storytelling video based on feedback received from community-based mental health providers on the ease of video dissemination, the ability to digest complex mental health concepts, and the importance of storytelling for the Latino community.

Narrative-driven methods, often developed with input from the target audience, have proven effective in increasing Mental Health Literacy, including better symptom recognition and awareness of available treatments, while also reducing stigma surrounding mental health disorders and the use of mental health services ^{1,2}.





References

[Who is Victor Luna?]

1. Gonzalez, F., & Benuto, L. T. (2021). ¡Yo no Estoy Loca! A behavioral health telenovela style entertainment education video: Increasing mental health literacy among Latinas. *Community Mental Health Journal*, 58(5), 850-861. <https://doi.org/10.1007/s10597-021-00892-9>
2. Sánchez-Rodríguez, R., Perier, S., Callahan, S., & Séjourné, N. (2019). Revue de la littérature relative au burnout parental: Correction to Sánchez-Rodríguez et al. (2019) [Review of the change in the literature on parental burnout: Correction to Sánchez-Rodríguez at al. (2019)]. *Canadian Psychology / Psychologie canadienne*, 60(2), 77-89. <https://doi.org/10.1037/cap0000177>





Victor Luna: My Journey Worksheet



Section 1: Youth - Individual Reflection

Through the story of Victor Luna, this section invites you to reflect on your own experiences. As you read about Victor's story, you are encouraged to think about how similar experiences may show up in your own life. This reflection is meant to help build self-awareness and understanding. There are no right or wrong answers. Please share what feels comfortable to you.

AWARENESS & GROWTH

Victor shared that for years he tried to ignore his feelings, but something shifted, and he lost interest in things he once enjoyed, activities such as soccer, and video games.

Have you noticed any changes in what feels meaningful or important to you lately? What stands out to you about those changes?

Circle one that best describes you: I have lost interest in activities I used to enjoy



THE FEELING OF DISCONNECTION

Victor said he "disconnected from everyone" because it felt like everyone had disconnected from him.

What helps you feel connected to family and friends? How can you tell when you start feeling less connected?

Circle one that best describes you: I feel connected to the people around me

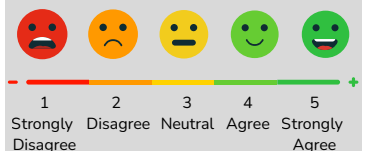


COPING & SELF-PROTECTION

Victor mentioned hiding during his dad's 40th birthday because he felt overwhelming anxiety.

Can you describe a recent situation where you chose to stay quiet or step back to take care of yourself? What were you feeling inside at that moment?

Circle one that best describes you: I avoid situations or conversations that feel emotionally challenging.



FINAL REFLECTION

What is something you better understand about yourself and family after reflecting on Victor's experience?





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Section 2: Caregiver Reflection

Through the story of Victor Luna, this section invites you to reflect on different ways families respond when someone is struggling. Victor’s experiences are one example, and every family is different. This reflection is intended to support self-awareness and understanding. There are no right or wrong answers. Please share what feels comfortable to you.

LISTENING

When Victor expressed his struggles, his mother responded by emphasizing eating to “nourish the brain,” while his father suggested that he was being lazy and needed purpose.

When your child is having a hard time, what do you tend to offer first--listening, advice, and/or problem-solving? How might that approach shape how supported they feel in that moment?

Circle one that best describes you: I listen before giving advice

1 2 3 4 5
Strongly Disagree Disagree Neutral Agree Strongly Agree

NOTICING CHANGES OVER TIME

Victor’s family mentioned that he no longer played soccer or video games—activities he once enjoyed. They brought up these changes while encouraging him to “get it together.”

When Victor’s family noticed these changes, what do you think mattered most to them? What do you think mattered most to Victor?

Circle one: When someone stops doing things they once enjoyed, I feel unsure about how to approach them.

1 2 3 4 5
Strongly Disagree Disagree Neutral Agree Strongly Agree

TURNING POINT

On the day of his father’s birthday party, Victor experienced intense anxiety and coped by drinking alcohol and withdrawing, which led him to miss the celebration. When he stopped responding to calls, his mother said, “I can’t believe he’s doing this to us again.”

Looking back at this moment, what might have helped Victor feel supported before things escalated? What do the family’s reactions suggest about how they understood what was happening?

Circle one: When my child goes quiet or pulls back, I feel unsure about how best to support them.

1 2 3 4 5
Strongly Disagree Disagree Neutral Agree Strongly Agree

FINAL REFLECTION

After watching Victor’s story, what stood out to you most about how families respond during difficult moments?



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Section 3: The Turning Point & Path Forward: Action Plan

A guided conversation for youth, caregiver(s), and provider to build understanding, connection, and a shared plan for support.

A. Recognizing the Breaking Point

Discussion Question:

What changes might tell us someone is struggling before things reach a crisis?



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Check the Early signs we can look for:

- Easily irritated or emotional
- Low energy or fatigue
- Losing interest in things they usually enjoy
- Avoiding family time
- Changes in sleep or appetite
- Quiet or withdrawing from conversation
- Other signs we've noticed:

B. Supportive Communication



Discussion question:

When someone is struggling, what words feel most helpful and supportive?

Check the most supportive response:

- Judgment
- Advice
- Listening
- Comfort
- Encouragement
- Other signs we've noticed:

1. Phrase builder:

"I notice you seem _____.

I'm here to _____ when
you're ready. "

2. Reframing Practice:

Instead of saying:

We can try saying:

D. Setting Goals: Path Forward

In the next week...

Youth commitment (one small step):

.....

.....

Caregiver commitment (one supportive change):

.....

.....



C. Strengthening Connection at Home

Victor's choice to speak with a professional opened a path to healing. But support at home matters too.



Discussion question:

How can we show up for each other even when we don't fully understand the pain someone is carrying?

- One shared activity weekly (walk, meal, music, etc.)
- Asking "How can I support you right now?"
- Sitting together even without talking
- Encouraging outside help when needed
- Other ways we connect: :

E. Closing Statement

"We may not always have the perfect words, but we can always choose presence, care, and a willingness to understand each other."

Signed (optional):

Youth:

Caregiver(s):

Date: