



Bridging Language, Cognition, and Mental Health

PUENTE Lab, led by Dr. Jonathan I. Martinez, is dedicated to advancing research on bilingualism, cognition, and mental health disparities in underserved communities. Based at California State University, Northridge, the lab investigates how bilingual experiences shape cognitive functions, influence neurological processes, and impact mental health outcomes.

With a strong focus on culturally responsive care, PUENTE Lab works to bridge gaps in research, clinical practice, and public policy by developing evidence-based strategies that promote equitable mental healthcare access. Through community partnerships, interdisciplinary research, and public outreach, PUENTE Lab is redefining how language, culture, and cognition intersect in psychology and neuroscience.