

<https://www.podserve.fm/episodes/37455/la-depresion-y-los-latinos-por-que-es-un-tabu-por-que-no-debe-serlo-desde-los-angeles-recibe-a-adriana-ruggiero.mp3>

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El Facebook de La Opinión lleva el video y es principal para la difusión. También está en HispanicLA, en LatinoCalifornia y sus respectivos sitios sociales.

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<https://www.podserve.fm/episodes/37455/la-depresion-y-los-latinos-por-que-es-un-tabu-por-que-no-debe-serlo-desde-los-angeles-recibe-a-adriana-ruggiero.mp3>

Bienvenidos a una nueva edición de Desde Los Ángeles, en donde cada semana Néstor Fantini, María Luisa Arredondo, y un servidor Gabriel Lerner debaten los temas del momento para la comunidad latina de Los Ángeles y Estados Unidos. Hoy tenemos una invitada especial con la que hablaremos sobre un tema que muchos no se atreven a mencionar.

La salud mental y la depresión entre los latinos.

Enseguida volvemos.

Las tasas de depresión entre los jóvenes latinos, el grupo de más rápido crecimiento en los Estados Unidos, son algunas de las más altas del país: por la pobreza, la inmigración, la discriminación y la aculturación.

Un estudio de la organización sin fines de lucro Mental Health America arroja que el 15% de los jóvenes latinos menores de 19 años, sufren de episodios de depresión.

los jóvenes latinos tienen las tasas más altas de suicidio en el país.

Más entre los inmigrantes que entre quienes nacieron aquí.

En este episodio 20 de “Desde Los Ángeles”, está con nosotros Adriana Ruggiero, reconocida periodista, actualmente presentadora de noticias de Univision San Diego. Recientemente, Adriana lanzó una campaña personal para normalizar la conversación sobre la salud mental, en particular la depresión, y que inició compartiendo públicamente su propia experiencia.

¿Cuál es su historia?

El teléfono para prevención del suicidio Suicide Prevention Lifeline es 1-800-273-8255 o bien mande un mensaje de texto a [838255](https://text4text.org/).

Adriana, bienvenida a este episodio de Desde Los Ángeles. Gusto en saludarte. Hablemos de la salud mental y la depresión, y felicitaciones por tener la valentía de salir adelante con este tema tan importante para los latinos. ¿Cuál es tu historia? Cuéntanos y después mis colegas tendrán la oportunidad de hacerte preguntas. Tenemos unos 20 minutos para todo el podcast. Adelante.

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<https://www.facebook.com/adriana.ruggiero.754/>

Dice al comienzo del video: "Soy hija, hermana, esposa y amiga, también soy inmigrante y periodista"

Video donde lanza su campaña

https://docs.google.com/document/d/1PIJcuAGCT6qHNL_hd0L1LZUyAMkrG8Zen_r6je2MyeY/edit

"Nadie hubiera imaginado el encierro que viviría por dentro. Tenía una careta... y aparentaba que todo estaba bien"... "guardaba... por pena, por temor a ser criticada, Una noche pensé en acabar con todo y quitarme la vida... afortunadamente... llamé a una línea de prevención del suicidio... al día siguiente busqué ayuda profesional y ese fue el primer paso".

"Identifiqué... ataques de pánico que tuve mucho más jóvenes... que fueron ignorados... Aprendí que es importante desahogarse y hablar con alguien de confianza.

Con la pandemia son muchas las personas que están pagando una factura muy alta, pero les digo que... sí, hay un mañana, si nos atrevemos a buscar ayuda".

Let's Talk More About Mental Health!

Last week I publicly shared a part of my experience with depression at Univision San Diego in Spanish, and here is a version of that story in English. The reason for sharing this personal testimony? To help further normalize the conversation about mental health and its challenges a little more.

Coincidentally, also last week the gymnast Simone Biles withdrew from the Olympics making public that she was doing it for mental health reasons. And that of course, was a great push to talk about this topic all over the world!

I believe that in this day and age, with the hectic rhythms of life we lead, and the growing body of research showing the negative impact of the pandemic on mental health, it is more important than ever to pause and face reality. Problems like depression and anxiety can manifest in anyone, however they can also be overcome, and even become an opportunity for personal growth.

Nevertheless, to achieve this, the first step is to remove the stigma that exists when talking about “not feeling well” and to create more humane and realistic expectations for ourselves and others.

Now, as I share this personal testimony, I hope you can look around you and think about whether there is someone in your world who might need your support. A call or simply reminding them that they can count on you can make the difference.

I also wish that if you are the one going through a difficult time, that you seek help. Do not wait or let the burdens of life weigh you down, because life does not give us extra points for trying to be invincible. However, it does reward us when we strive to be happy.

Here's a link to helpful information about mental health and help resources in the US
<https://buff.ly/2vaHJcg>

Finally, I'd like to invite you to send me any comments or questions you may have here:
<https://adrianaruggiero.com/contact-1>

I will be more than happy to read you and be of help, if possible.

<https://www.youtube.com/watch?v=a7TSVgVkOhk&t=4s>

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Septiembre de 2016

<https://www.mediamoves.com/2016/09/anchor-says-fired-reporting-sexual-harassment-sues-estrella-tv-andres-angulo.html>

El canal 62 en Los Ángeles

Andrés Angulo, Lenard Liberman

Entrevista sobre la depresión

https://drive.google.com/file/d/1YLjla-FRfaM3i6u9gAMtY00_hSbM5C8l/view?usp=drivesdk

También de Verónica Villafañe, en Forbes:

The plaintiff was hired as a reporter in 2013 and promoted to local news anchor later that year. She took over as Estrella TV's national news anchor at 5:30 pm in 2015 and stepped in as 10:30 pm national anchor when that show's host, the late Enrique Gratas, took a medical leave of absence. When [Gratas passed away in October of last year](#), she took over his role. She was

replaced at 10:30 pm by [Pedro Ferriz, an anchor LBI hired from Mexico](#). All that information included in the lawsuit corresponds to Ruggiero's trajectory at Estrella TV.

<https://www.forbes.com/sites/veronicavillafane/2016/09/21/anchor-sues-estrella-tv-and-news-vp-andres-angulo-for-firing-her-after-reporting-sexual-harassment/?sh=13487bc94208>

“In retaliation for pursuing the bonus, the lawsuit states she was then excluded from all editorial meetings with the producer of her newscast and “intentionally caused members of the news team to lose respect” for her opinions and abilities.”

The lawsuit seeks past and future lost wages, bonuses and benefits, her attorney’s fees and “general damages for mental pain and anguish and emotional distress,” as well as punitive damages to punish LBI for wrongful conduct and “deter such conduct in the future.”

Pocas semanas después, Karla Amezola:

Claiming she was sexually harassed by her boss for years, Estrella TV anchor Karla Amezola finally decided to take her case to court. Although filed on June 23 in Los Angeles Superior Court

[Angulo resigned to his position the same day](#), although sources say he was forced to exit the company after the conclusion of an internal investigation about his behavior.

Amezola claims she endured Angulo’s unwanted “outrageous and disgusting sexual propositions” for years, reporting him to Human Resources department in March of 2016 after the acts escalated to physical assault and compromised her job. When the company did nothing, she took her case to an attorney and filed a sexual harassment suit naming Angulo and Liberman Broadcasting as defendants.

former Estrella TV producer Daniel Levy, who says he was fired in retaliation for supporting his aggrieved female co-workers.

“I was a witness of what happened with Karla. When Human Resources called me to ask what I knew, I had to say the truth of what I heard and saw,” says Levy. “HR said nothing would happen to me for speaking out. Two hours later, Andrés Angulo called me to his office to tell me they were moving me to a different show - one that had terrible ratings. I knew I was being set up.” Roughly four weeks later, he was terminated.

That stress can make someone think twice before rushing to the aid of a victim of sexual harassment,”

“This is not just Karla Amezola and Adriana Ruggiero,” says Levy. “There are many others, and it will soon come out.”

De Araceli:

<https://laopinion.com/2016/09/29/presentadoras-del-canal-62-demandan-a-director-de-noticias-por-supuesto-acoso-sexual/>

Lupita Peimbert, una exreportera de *Telemundo 48* en San José, quién antes se identificaba por su apellido de casada – Figueiredo – reveló que Ángulo, entonces un productor de los noticieros locales, le hizo proposiciones sexuales en 2002.

“Los estudios de investigación han encontrado que los jóvenes latinos experimentan los niveles más altos de síntomas depresivos en relación con otros grupos raciales y étnicos en los Estados Unidos, y entre las tasas más altas de suicidio”,