

# Discrimination and Mental Health of Migrants

## Discrimination



**Discrimination refers to unfair and unequal treatment of a certain group and its members.** Experiencing discrimination is a major factor associated with acculturative stress.



## Hate Speech

**Hate speech is characterized as “verbally aggressive behaviour directed at a minority group.”**

Contributes to feelings of distress, anxiety, diminished self-respect, self-blame, and increased feelings of isolation.

## Social Determinants

**Social determinants are non-medical factors that contribute to health outcomes.**

Income, social support, education level, social environments, child development, and gender are social determinants.

Migrant communities are **more likely to be exposed to negative effects of determinants** in addition to discrimination and acculturative stressors

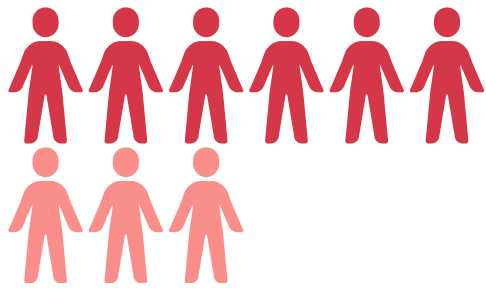
## Affects on Mental Health



Chronic experiences of discrimination and hate speech lead to **heightened anxiety and depression**, along with **increasing risk of developing Post-Traumatic Stress Disorder.** Coupled with acculturative stress, migrants have **high likelihood of developing mental health issues.**

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**Somalian migrants in the United States reported that phenotypic characteristics such as skin colour was a major stressor related to possible discrimination.**



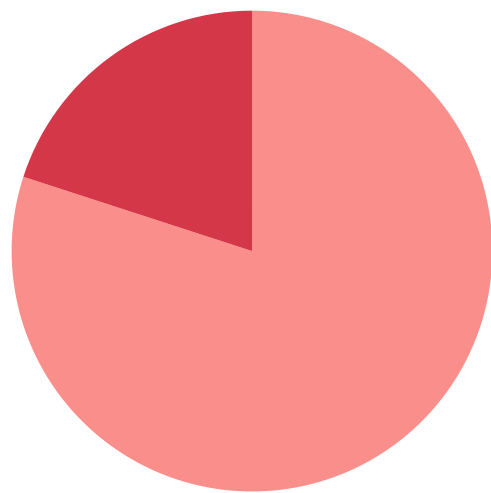
## Depression

### Prevalence Internationally

From meta-analysis of over 20 countries, international immigrants showed

**15.6%**

prevalence rate of depression

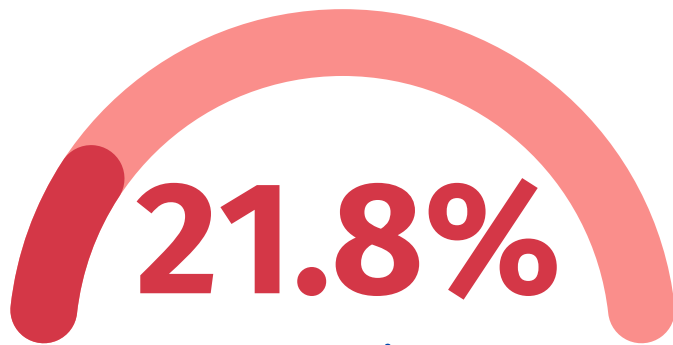


### Prevalence in Canada

in 2016, from a group on 2066 migrants in Canada,

**21.8%**

showed signs of depression.



## Barriers to Receiving Help

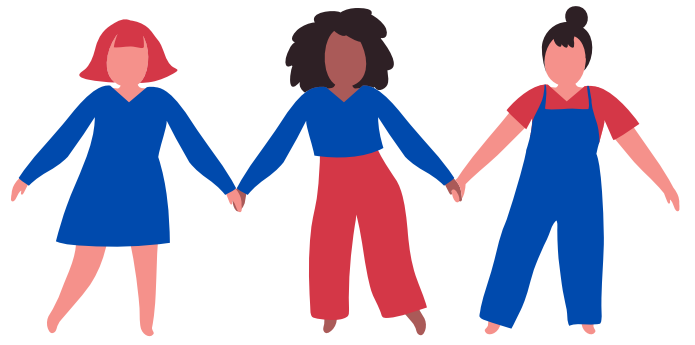
- 1. Suffering in silence** due to stigma around mental health.
- 2. Limited accessibility** due to long wait times, limited availability to culturally and trauma informed services, and need for childcare.
- 3. Language barriers** between care provider and patient, along with possible need for translator or language broker.

## Coping and Strategies

### Social Support

Using those who are close and trusted for mental health support.

Social support can come in many different ways, it can be through family, friends, cultural community, or through religious community.



### Recreational Activities

The use of recreational activities such as arts and crafts, reading, sports, or other leisure activities can be used as a coping strategy by allowing the individual to both foster community and social support, but also allows a space to get their mind off of issues causing mental health issues.

**A young migrant participant explained that soccer helps him “forget whatever is bothering him.”**



## De-Stigmatizing Mental Health Care

For migrants from cultures that view mental health issues as shameful, de-stigmatizing and reducing shame around mental health care can increase amount mental health care is accessed.

Through normalizing use of mental health care and showing that it is acceptable, new immigrants can use help such as this to assist with acculturative stress and possible discrimination being faced.

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