

# WHAT WOULD STOP YOU FROM SEEKING HELP?

A RESEARCH STUDY ASKED MIGRANT YOUTHS' AGES 16-22 IN CANADA WHAT WOULD STOP THEM FROM ACCESSING MENTAL HEALTH SERVICES

## WHAT'S STOPPING THEM:

➔ Fear of being misunderstood or ignored

➔ Lack of confidentiality



Lack of trust and understanding ←



Beliefs of it being not appropriate ←

➔ Fear of disclosure process

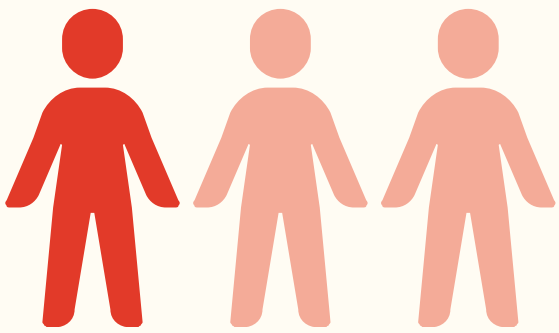
# WHY IS THIS IMPORTANT?



1 out of 5  
of Canadian  
population  
is foreign-  
born



20%



1 out of 3  
migrants who  
arrive in Canada  
are under the  
age of 25

Added stressors  
from the process  
of immigration  
itself can lead to  
increased risk for  
emotional  
disturbance in  
newer immigrants.

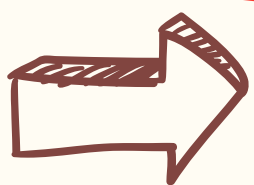


WHY?



EXTERNAL  
FORCES

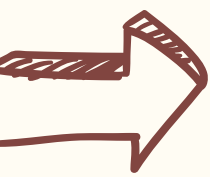
STRUCTURAL  
BARRIERS:



Lack of continuity  
of care

Cultural  
incompatibility



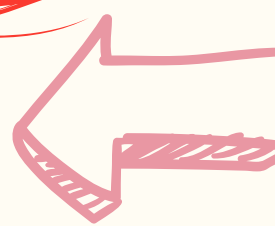


# Language barriers

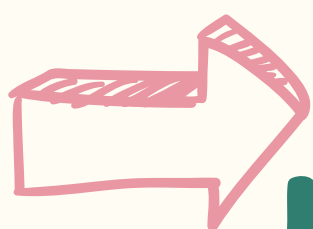
**PERSONAL  
BARRIERS:**

**INTERNAL  
FORCES**

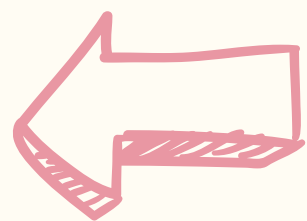
**Cultural stigma**



**Mistrust due to  
previous negative  
experiences**

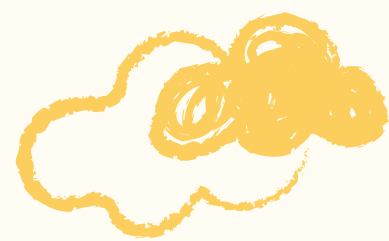


**“Mental Health”  
being unfamiliar**



## **RESEARCH SUGGESTS:**

**Assisting migrant youth in  
addressing their concerns and  
navigating complex systems to  
access suitable assistance, as  
this is a crucial aspect of mental  
health services**



**\*While the study's findings underscore the significance of the topic, it is imperative to acknowledge its limitations, such as the small sample size and the absence of inquiries regarding participants' awareness of local services. This warrants further research to deepen understanding.**