

The background features a dark blue gradient with intricate white and light blue circular patterns. On the left side, there is a large circular scale with numerical markings from 40 to 260 in increments of 10. Several smaller circles, some solid and some dashed, are scattered across the background, some containing curved lines or arrows, suggesting a theme of cycles or processes.

TAKING CARE OF YOUR MENTAL HEALTH

A REVIEW OF IMMIGRANT MENTAL HEALTH

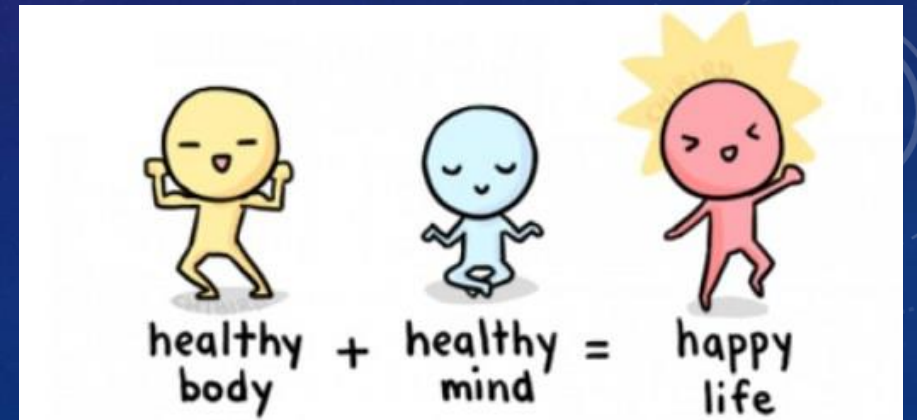
WENDY COARD, MS2 / EDGAR LOPEZ, HEALTH EDUCATOR

UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE

WHAT IS HEALTH?

"The state of complete physical, **mental**, and **social** well-being"

- World Health Organization [WHO]





**The brain can
get sick just
like the heart
or the lungs!**

WHAT IS MENTAL HEALTH?

"Includes our emotional, psychological and social well-being"

- U.S. Department of Health & Human Services

MENTAL HEALTH \neq MENTAL ILLNESS

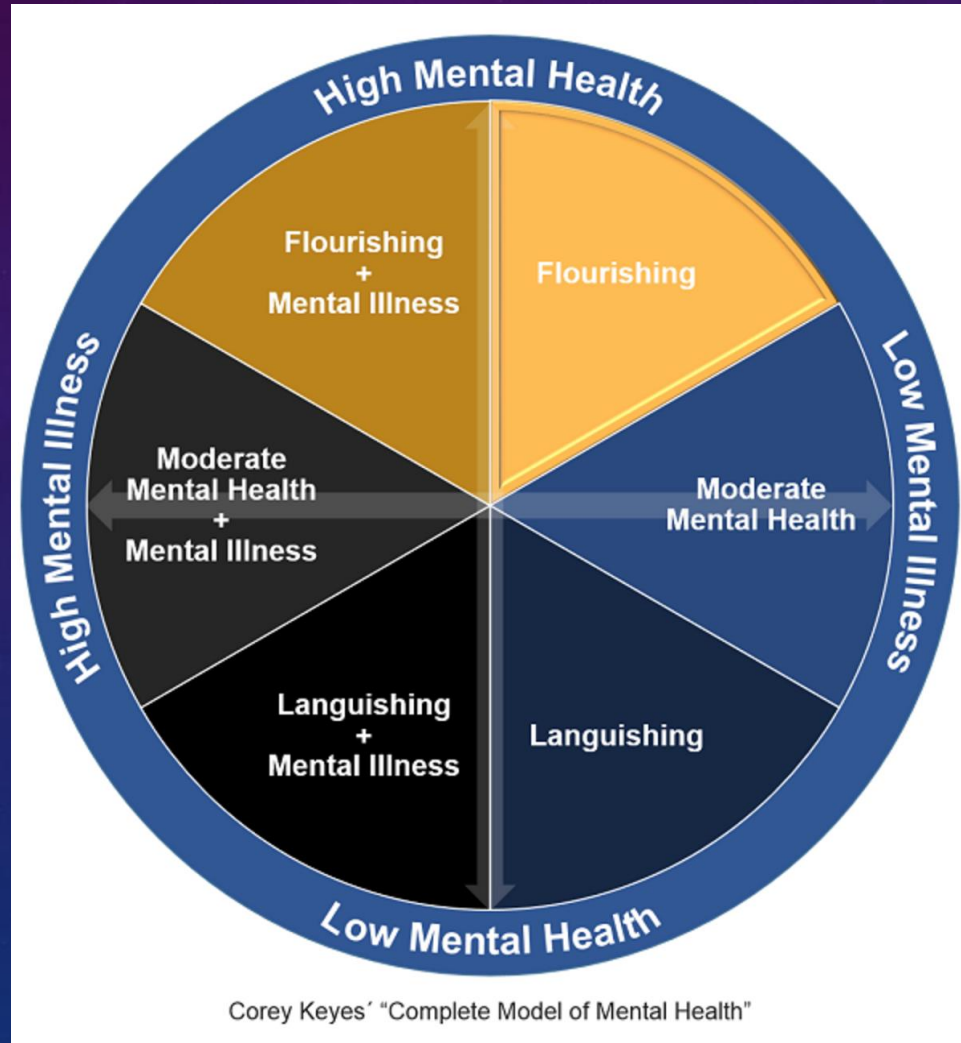
The background is a dark blue gradient with a subtle pattern of white stars and technical diagrams. On the right side, there are several circular diagrams resembling gauges or dials with numerical scales (e.g., 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) and arrows. On the left side, there are dashed circular lines with arrows indicating a path or direction.

MENTAL HEALTH \neq MENTAL ILLNESS

"Mental Illnesses refer to disorders generally characterized by dysregulation of mood, thought, and/or behavior"

- Centers for Disease Control and Prevention [CDC]

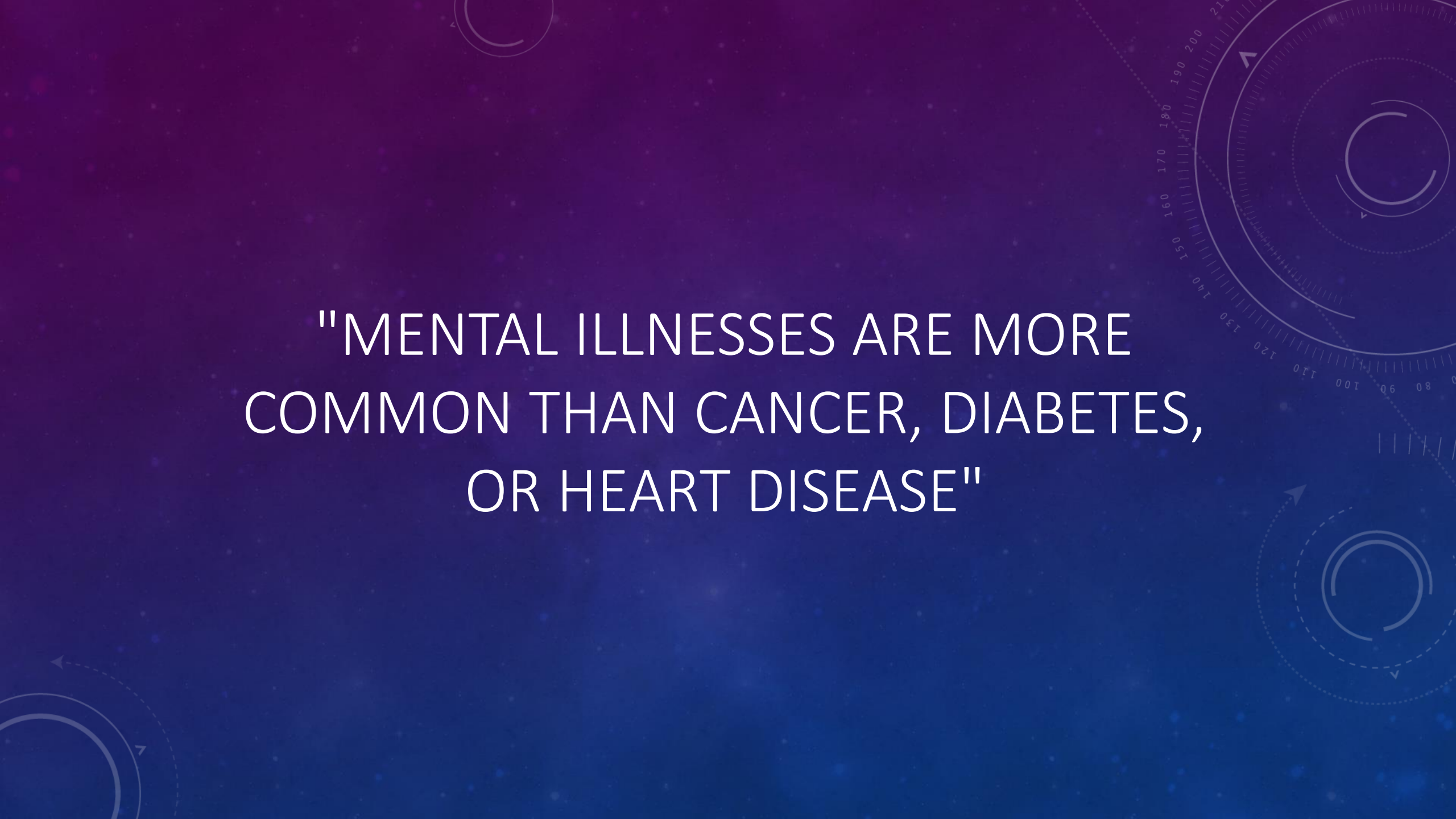
MENTAL HEALTH \neq MENTAL ILLNESS



FACT

→ OR ←

MYTH

The background is a dark blue gradient with a subtle pattern of white stars and technical diagrams. On the right side, there are several circular diagrams resembling gauges or dials with numerical scales (e.g., 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) and arrows. There are also some dashed lines and other circular elements scattered across the background.

"MENTAL ILLNESSES ARE MORE
COMMON THAN CANCER, DIABETES,
OR HEART DISEASE"

"MENTAL ILLNESSES ARE MORE COMMON THAN
CANCER, DIABETES, OR HEART DISEASE"

 **FACT!**

- One in 5 adults has a diagnosable mental illness
- Depression is the **leading** cause of disability worldwide

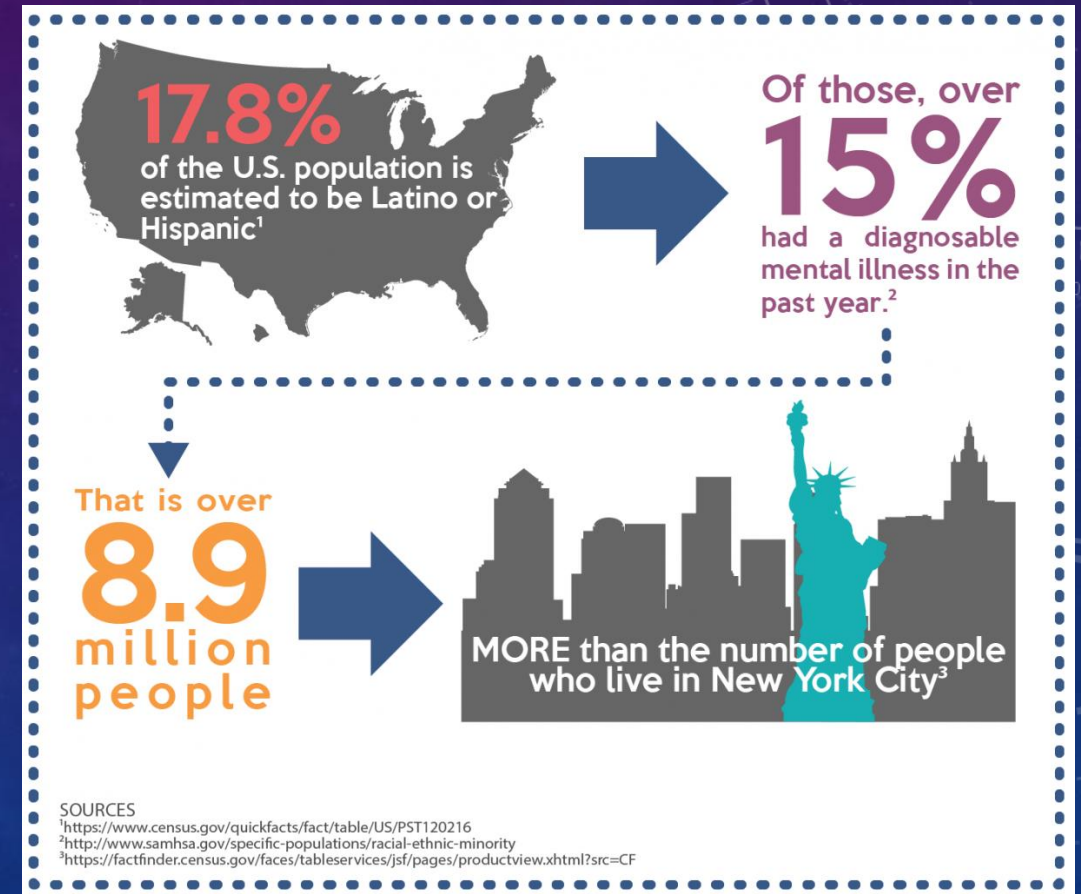


"MENTAL HEALTH PROBLEMS DON'T
AFFECT ME"

"MENTAL HEALTH PROBLEMS DON'T AFFECT ME"

X MYTH!

- Mental Illness affects everyone across age, culture, race, ethnicity, gender and sexual orientation



"RECOVERY IS NOT POSSIBLE"

"RECOVERY IS NOT POSSIBLE"

X MYTH!

- Up to 90% of people being treated recover
- Success rates are comparable to physical health rates
 - 70-80% asthma and diabetes
 - 60-70% cardiovascular disease
 - 41-52% heart disease

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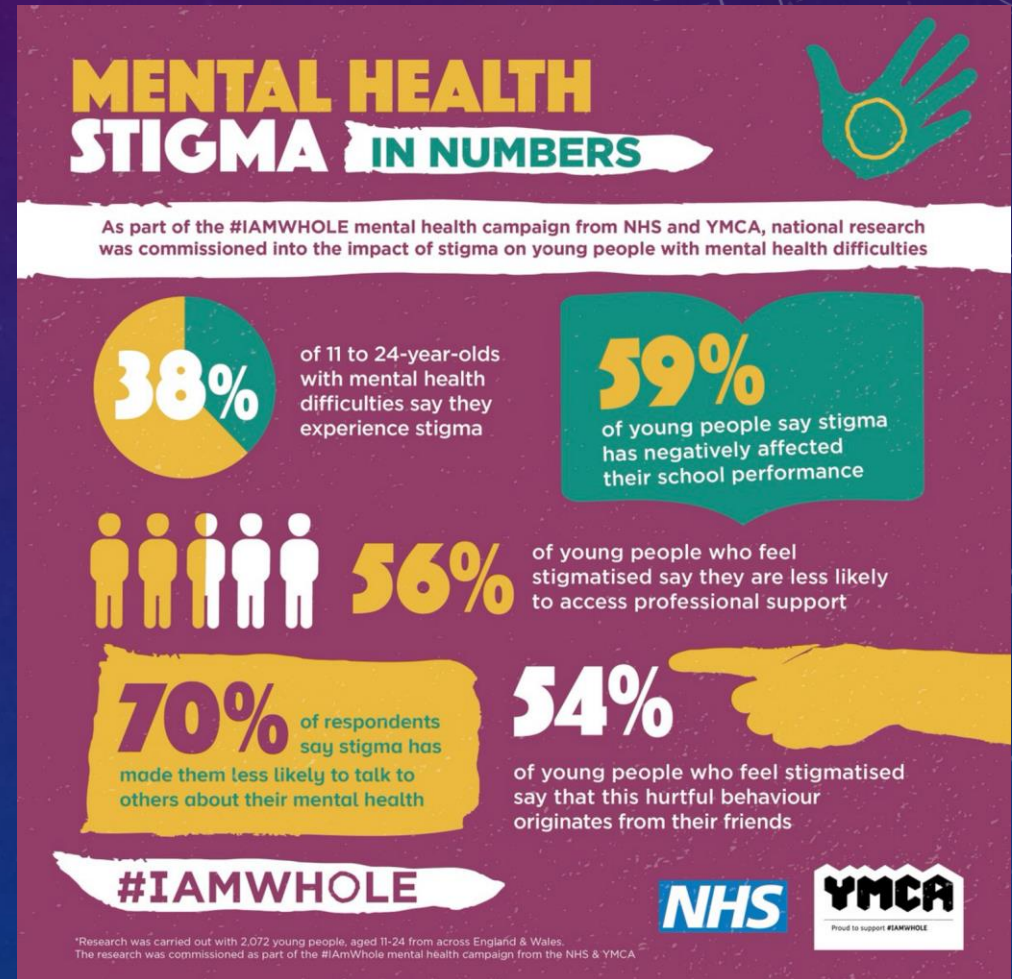
"STIGMA IS A BARRIER TO RECOVERY"

"STIGMA IS A BARRIER TO RECOVERY"



FACT!

- Nearly 60% of adults with a mental illness did not receive mental health services
- Depression is the leading cause of disability worldwide



different WEAK relax
Embarrassment shame
MENTAL HEALTH Dishonor
humiliation
depressed
wacko lonely crazy disorder
Stigma
FLAW
sickness alienation health
disgrace
guilt
weakness
disturbed
job

WHAT WE KNOW



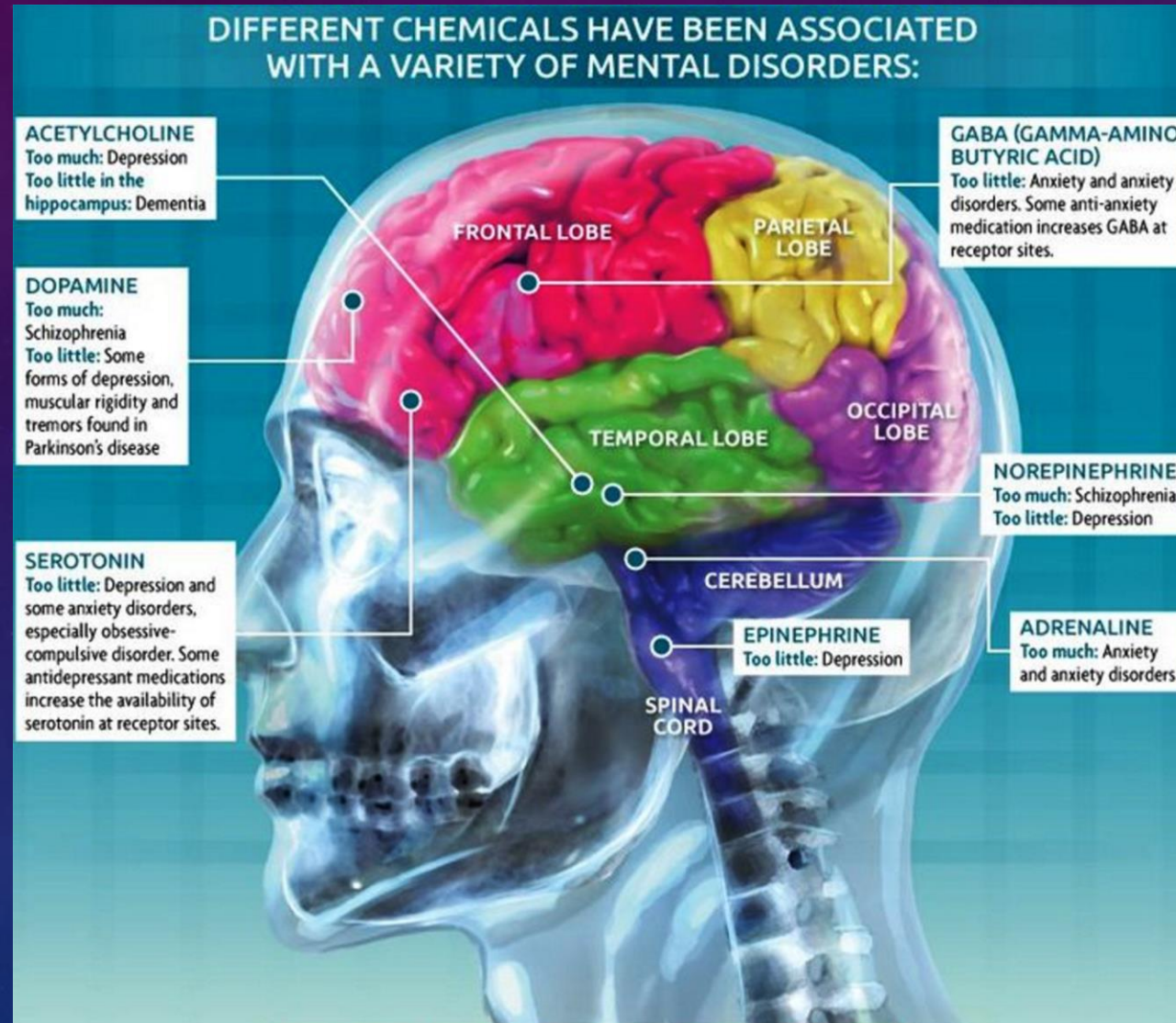
- Biological diseases due to abnormal brain function
- Rarely caused by stress alone
- Treatable
- Most are not severe and go untreated

WHAT WE KNOW

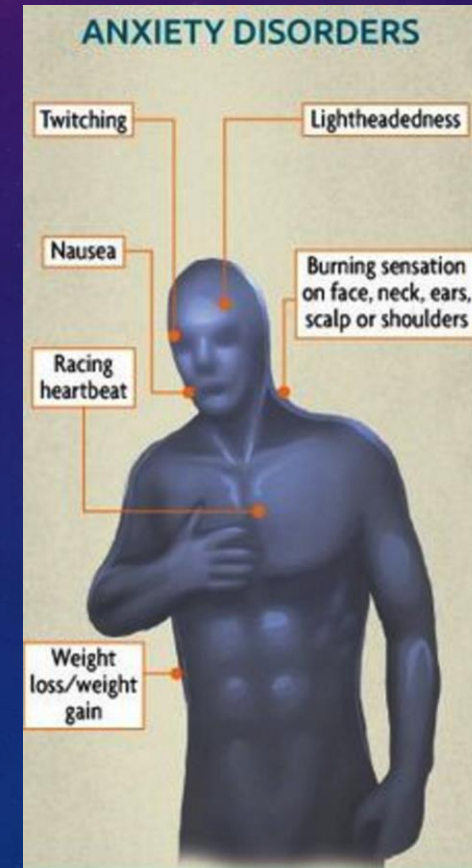
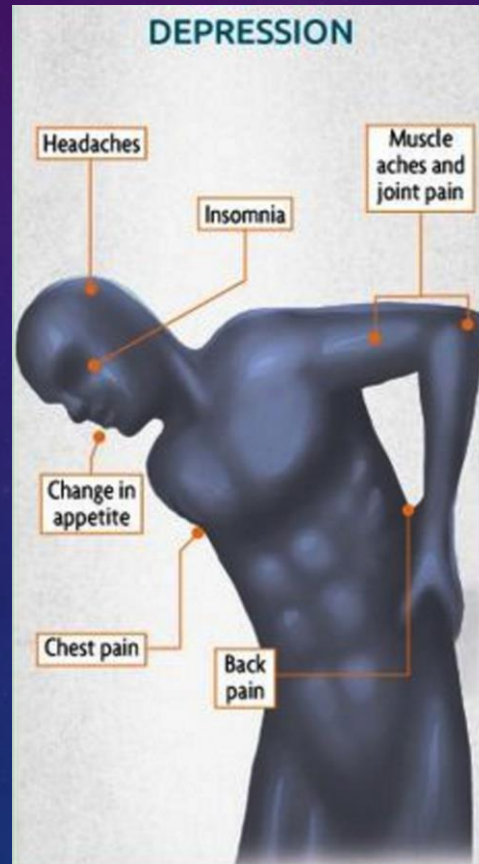
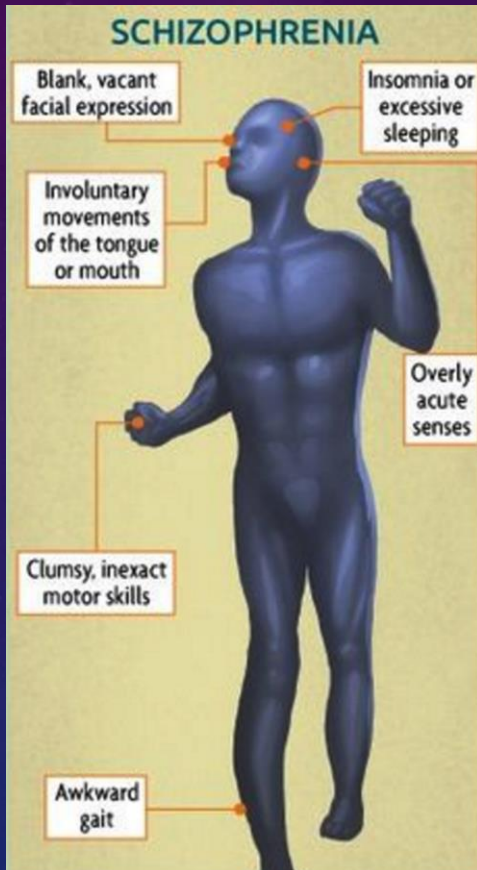


- Not caused by weakness or lack of willpower
- Not divine punishment
- Not caused by witchcraft or evil eye
- Not the person's or their parents' fault
- Not contagious

WHAT HAPPENS IN YOUR BODY



WHAT HAPPENS IN YOUR BODY



OTHER SIGNS AND SYMPTOMS

- Pulling away from people and usual activities
- Feeling numb or like nothing matters
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Changes in temperament or mood swings
- Thinking of harming yourself or others

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WHY SHOULD I WORRY ABOUT MY
MENTAL HEALTH?

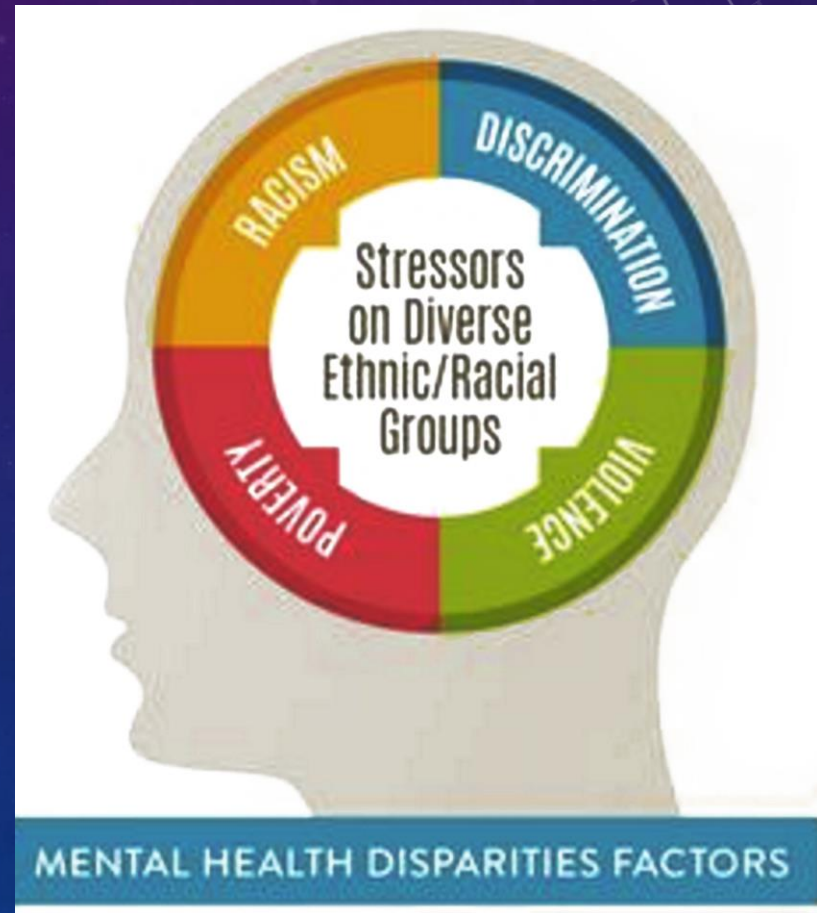
WHY SHOULD I WORRY ABOUT MY MENTAL HEALTH?

- Physical presentations of poor mental health
 - Cardiovascular Problems [high blood pressure]
 - Digestive problems [constipation; stomach ulcers]
 - Skin problems [rashes; hives]
- Social and emotional presentations of poor mental health
 - Substance abuse
 - Social isolation and disengagement
 - Self-harm

IMMIGRATION MENTAL HEALTH RISK FACTORS

Members of ethnic and racial minority groups in the U.S. "face a social and economic environment of inequality that includes greater exposure to racism, discrimination, violence and poverty, all of which take a toll on mental health"

- U.S. Surgeon General



IMMIGRATION MENTAL HEALTH RISK FACTORS

Pre-Migration

- Poverty & illiteracy
- Traumas [war, persecution, crime, famine]
- Political involvement
- Environmental catastrophe

Migration

- Immigration process
- Victimization during journey [theft, violence, sexual abuse]
- Uncertainty of outcome
- Exposure to harsh living conditions

Post-Migration

- Fear of current immigrant status
- Difficulties in acculturation, adaptation and learning language
- Discrimination and social exclusion
- Unemployment or underemployment

COMMON LATINO MENTAL HEALTH CONDITIONS

- Generalized Anxiety Disorder
- Major Depression
- Posttraumatic Stress Disorder [PTSD]
- Alcoholism
- Suicide*

**High rates of suicide attempts among Latina high school girls*

WAYS TO GET HELP

1. Go directly to a Mental Health Professional
2. Talk with your Primary Care doctor
3. Connect with other individuals and families
4. Learn more about mental health and mental illness



MORE RESOURCES

- **Washington State Department of Social and Health Services**

<https://www.dshs.wa.gov/esa/refugee-mental-health>

- **Northwest Immigrant and Refugee Health Coalition**

<https://www.nwirhc.org/>

- **Refugee Women's Alliance [ReWA]**

<https://www.rewa.org/>

- **National Alliance on Mental Illness [NAMI]**

<https://www.nami.org/>

- **National Institute of Mental Health [NIMH]**

<https://www.nimh.nih.gov/>

Any Questions?

Thank You!