

# HEALING PATH:



**A Comprehensive Guidebook  
for Immigrant Mental Health**

**PSYCHO IM**



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**Immigrant Mental Health**  
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**Co-funded by  
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**Life  
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Development e.V.**



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## **About the Guidebook - PSYCHO IM**

### **Healing Path: A Comprehensive Guidebook for Immigrant Mental Health**

Embarking on a journey to a new country can be both exhilarating and daunting. For immigrants, navigating the challenges of cultural adaptation, language barriers, and the complexities of mental health can often feel overwhelming. That's where Healing Path comes in. This indispensable guidebook is crafted with the specific needs of immigrants in mind, offering a wealth of insights, strategies, and resources to support their mental well-being in Germany, Italy, Turkey and other countries.

Within the pages of Healing Path, immigrants will discover a treasure trove of knowledge, from understanding how culture impacts mental well-being to practical advice on overcoming linguistic barriers. By delving into cross-national data and cultural perspectives, this guidebook provides immigrants with a deep understanding of the factors influencing their mental health, empowering them to navigate their new environments with confidence.

More than just a resource, Healing Path is a companion for immigrants on their journey to healing and resilience. It equips them with the tools they need to access essential mental health resources, develop crucial skills for adaptation, and build a support network within their host country. Whether you're a newcomer seeking guidance or a professional working with migrants, Healing Path is your roadmap to promoting mental health and well-being within immigrant communities.

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## Organisational Partners

 <p>Life Learning Development e.V.</p>	<p><b>Life Learning Development e.V.</b></p> <p>Life Learning Development e.V. (LLD) was founded in Duisburg. They believe that investments in people and the power of education would result in the remarkable transformation of people that would serve as change-makers in creating a better society for all. Through knowledge, skills, the right tools, and abilities any society can attain its required advancement and sustainable development. Creative innovations in solving man’s daily challenges are inbuilt, and can be learned and acquired if we look at all human beings as an individual and global community where there are opportunities to build a better world with no limitations. LLD provides climate change awareness among youth and adults.</p>
	<p><b>Afridat</b></p> <p>The organisation develops modules in thematic topics used during training and knowledge-sharing sessions and uses such data to correlate the interplay between linear and nonlinear quantitative and qualitative determinants of economics to shape the public discussion, drive policies in the areas of social entrepreneurship, migration, energy, information technology, and climate change.</p>
	<p><b>Mine Vaganti NGO (MVNGO)</b></p> <p>Mine Vaganti NGO (MVNGO) is a non-profit organisation established in Sardinia in 2009, that today runs global activities from its 4 offices, in Sassari; Sennori; Tempio Pausania and Berlin. “Mine Vaganti” means “something dynamic”, that for our staff of professionals relates to being international social entrepreneurs who preserve a passion for social purposes, in a modern concept of a NGO. MVNGO promotes Intercultural Dialogue, Social and Green Entrepreneurship, Sport as a tool of Education, and Inclusion of Migrants and People with disability.</p>
	<p><b>Nicea Culture and Education Association</b></p> <p>Nicea Culture and Education Association, founded in Iznik /Bursa, stands for intercultural dialogue, non-formal education, mutual understanding and solidarity. It is formed by a group of educational professionals who realised the need to come together and assist people for educational mobility. The main aim of the association is to encourage and empower individuals through non-formal education and experiential learning.</p>



## Module 1: Introduction

**Learning Objectives:** *This module aims to equip readers to understand the guidebook's structure and utility, foster cultural competence by recognizing and appreciating diversity in Germany, Italy and Turkey. It emphasizes the importance of mental health considerations for immigrants.*



### Learning Outcomes

Following the completion of Module 1, readers will be able to:

Learning Outcomes	<ul style="list-style-type: none"><li>▪ <i>Proficiently navigate and utilize the guidebook, demonstrating an understanding of its purpose and relevance.</i></li><li>▪ <i>Enhance cultural competence will be evident in participants' interactions, promoting inclusivity and understanding in culturally diverse environments.</i></li><li>▪ <i>Recognize and address mental health challenges faced by immigrants, advocating for supportive measures and guiding individuals to relevant resources.</i></li></ul>
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### Sub Units in this Module

Unit 1.1	Overview of the Healing Path Guidebook
Unit 1.2	Cultural Diversity in Germany, Italy and Turkey
Unit 1.3	Importance of Mental Health for Immigrants

## 1.1 Overview of the Healing Path Guidebook

Healing Path Guidebook is a vital mental health resource specially designed to support immigrants and their communities in countries such as Germany, Italy, Turkey and other places. This guidebook offers insights and strategies tailored to address the unique challenges immigrants face, including cultural adaptation, language barriers, and the impact of racism on personal well-being. Using a combination of cross-national data, cultural perspectives, and practical advice, the Healing Path guidebook informs and helps you especially as an immigrant to easily access essential mental health resources. The guidebook supports you to develop the skills necessary to foster resilience and well-being in new environments. Also, the guidebook serves as a comprehensive roadmap for promoting mental health and healing within immigrant communities as well as immigrants seeking support or a professional working with migrants.

## 1.2 Cultural Diversity in Partner Country

Cultural diversity is a hallmark of modern societies, particularly evident in Germany, Italy, and Turkey, where a rich tapestry of cultures intertwines to create vibrant communities. However, beneath the surface of this diversity lies a complex interplay of cultural dynamics that significantly influences the mental health of immigrants. This introduction sets the stage for exploring the multifaceted nature of cultural diversity and its profound effects on the mental well-being of immigrant populations. Through an examination of acculturation stress, identity conflicts, and barriers to mental health care, we delve into the intricate relationship between cultural diversity and immigrant mental health, shedding light on the challenges and opportunities that arise in culturally diverse societies. In the following subsection, we will discuss cultural diversity in Germany, Italy and Turkey.

## Cultural Diversity in Germany

Germany is a country celebrated for its rich cultural diversity, a tapestry woven from historical influences, regional distinctions, and vibrant immigrant communities. Understanding this diversity is crucial for immigrants as they navigate their new lives in this dynamic nation.



- **Regional Diversity:** Germany comprises 16 federal states, each with its unique cultural identity (Federal Agency for Civic Education, 2018). From the northern maritime influences to the southern traditions of Bavaria, regional diversity is a defining aspect of German culture.
- **Language and Dialects:** German, the official language, unites the nation. However, regional dialects such as Low German in the north and Austro-Bavarian in the south add linguistic diversity. Immigrant communities often maintain their native languages, contributing to the overall multilingual environment (Federal Agency for Civic Education, 2018).
- **Historical Influences:** Germany's cultural landscape has been shaped by a rich history, including the Holy Roman Empire, the Protestant Reformation, and the Enlightenment (Federal Agency for Civic Education, 2018). Each era has left its mark on traditions, architecture, and cultural practices.
- **Immigrant Communities:** Germany hosts a mosaic of immigrant communities, including Turkish, Polish, Italian, and Greek populations (Federal Agency for Civic Education, 2018). These communities bring their traditions, languages, and culinary delights, enriching the country's cultural fabric.
- **Cultural Events and Festivals:** Germany is renowned for its cultural events and festivals. The world-famous Oktoberfest in Munich showcases Bavarian traditions, while the Berlinale film festival in the capital attracts international artists and cinephiles (Federal Agency for Civic Education, 2018).

- **Religious Diversity:** Although Christianity is predominant, Germany has diverse religious communities, including Muslims, Jews, Hindus, Buddhists, and others (Federal Agency for Civic Education, 2018). This religious diversity contributes to the multicultural essence of the nation.
- **Contemporary Arts and Innovation:** Germany's contemporary art scene, particularly in cities like Berlin, is a hub for creativity. The country has a rich musical history with influential figures like Beethoven, and it continues to foster innovation in various fields (Federal Agency for Civic Education, 2018).
- **Cuisine:** German cuisine varies by region, featuring traditional dishes like sausages and pretzels. The multicultural population has also brought diverse international cuisines to the table (Federal Agency for Civic Education, 2018).

Understanding and appreciating this cultural diversity is a crucial step towards integration and building a sense of belonging in the vibrant tapestry that is modern Germany.

## Cultural Diversity in Italy

### Immigration in Italy

Italy is one of the main borders of Europe, extending its territory in a peninsula from the Alps to the heart of the Mediterranean Sea. Being at the south centre of the continent, Italy has historically connected people and trades between Africa and Europe and between the East and the West of the continent. Economically speaking, until the 60s', Italy had always been a depressed nation compared to the more industrialised ones of central Europe, hence migration rates had historically been higher than the immigration ones, which were almost nonexistent before. Moreover, the colonial history of the country has been relatively short, from the end of the XIX century to the IWW, and this undermined the development of structural immigration flows from the colonies to Italy and the creation of a multicultural society. All these factors



contributed to the recent immigration development of the country, with massive immigration starting from the 70s', once Italy became a structured and industrialised economy. Now, Italy is the 14<sup>th</sup> country in the EU for % the age of migrants in the total population. The recent immigration history of the country and the current emergencies due to the mass immigration from Africa to Italy make Italy often culturally unprepared to include migrants with a strong political debate on this issue. Hence, it is of utmost importance to collect and study official data to understand the real impact of immigration in the country.

- In 2022, Italy had approximately 5 million foreign citizens, making up 8.5% of the total population, according to ISTAT data.
- 121 thousand foreign citizens acquired Italian citizenship in 2021, which was a decrease of 7.8% from 2020.
- At the start of 2022, there were 3,561,540 non-EU citizens regularly present in Italy, with 65.8% having long-term residence permits.
- The issuance of new residence permits to non-EU citizens saw a significant increase in 2021, with nearly 242,000 permits issued, up 127% from 2020.
- The main reasons for new entries into Italy were family reunification (50.9%) and work (21.1%), with work-related entries experiencing a substantial increase since 2020 (+394.5%).
- Despite improvements in labour market participation, differences persist between Italians and foreigners.
- In 2022, the employment rate of foreigners aged 20 to 64 caught up with that of Italians, albeit still lower overall (64.2% vs. 64.9%).
- However, the unemployment rate remains higher for foreigners (12.0%) compared to Italians (7.6%).
- Foreigners have a lower inactivity rate (31.2%) compared to Italians (34.8%), with more significant differences observed in southern Italy.
- Educational attainment among foreigners remains lower than Italians, with 52.3% of foreigners having at most a high school diploma compared to 37.7% of Italians.
- Approximately 1 in 10 students in Italian schools are from foreign countries.

## Ethical and cultural differences in Italy

In 2020 Nicolò Berti, from one of the major Italian exit polls “YouTrend”, collected data regarding the cultural differences and ethnic minorities present in Italy. Data shows that Italian immigration is expanding but that it is not as developed as other EU countries, with a majority of people coming from eastern countries like Romania and Albania and northern African ones like Morocco.

- Half of the foreigners residing in Italy come from other European countries, with 30% from the European Union and 20% from outside the EU.
- 22% of foreigners originate from Africa, while 20% come from Asian countries, primarily from the Indian subcontinent.
- Additionally, 7% of foreigners in Italy are from the American continent.
- The largest groups by nationality are Romanians (1,206,000), Albanians (441,000), and Moroccans (422,000).
- Other significant groups include Chinese (nearly 300,000), Ukrainians (239,000), Filipinos (168,000), Indians (157,000), and Bengalis (nearly 140,000).
- There are also over 100,000 individuals each from Moldova, Egypt, Pakistan, Nigeria, Sri Lanka, and Senegal.
- Notably, there are 15,647 U.S. citizens, 38,448 Russians, and 50,690 Brazilians living in Italy.

Most non-Italian residents primarily reside in northern Italy, with 34% in the Northwest and 24% in the Northeast regions. A significant number also live in the Central regions (25%), while fewer are in the Southern regions (12%) and the Islands (5%). Women constitute 52% of all immigrants in Italy, totaling 2.7 million, compared to 2.5 million men. However, gender ratios vary significantly depending on the country of origin. Women make up the majority in groups from the Caribbean (66%), Central America (63%), Latin America (60%), Eastern Europe (59%), other EU countries (59%), Oceania (58%), and Southeast Asia (58%). Conversely, they are a minority in groups from Central Asia (30%), sub-Saharan Africa (30%), and the Indian subcontinent (36%). Notably, there is gender balance among foreign nationals from Central Asia and the Middle East. The reasons for this gender balance vary, including strong community ties

among migrants, such as in Chinese communities, or entire households fleeing war and persecution, as seen with Syrians and Palestinians.

Regarding the distribution of women across the territory, ISTAT data show us a picture quite identical to that defined earlier for the total foreign population, demonstrating that it is women who determine the trends in changes in the distribution of the foreign population residing in Italy.

## Cultural Diversity in Turkey



Turkey is a country with a rich cultural heritage with its deep-rooted history and geopolitical location. Therefore, cultural diversity is of great importance in Turkey.

Many ethnic and religious groups such as Turks, Kurds, Arabs, Laz, Circassians, Alevis and Sunnis enrich the cultural structure of Turkey. This cultural diversity manifests itself in many areas such as different languages, traditions, customs, crafts and culinary cultures.

Turkey has hosted many civilizations throughout its history and carries the traces of these civilizations to the present day. It has many historical and archaeological heritage, such as buildings such as Hagia Sophia, Topkapi Palace and Grand Bazaar in Istanbul, historical underground cities in Cappadocia, the Ancient City of Ephesus and the statues on Mount Nemrut. These are just a few examples of Turkey's cultural heritage.

**Language and Polish:** The only official language of education and spoken language in the Republic of Turkey is Turkish. However, there are also languages spoken by minorities in the country and by immigrants after immigrating to the country. In Turkey, Kurdish, spoken by ethnic Kurds, primarily in the east of the country, and Zaza, spoken by Zazas, mainly in the east of the country, are among the common minority-regional languages in the country. In addition, minority languages with official status are Armenian, Greek, Modern Hebrew and Bulgarian.

**Historical influences:** Turkey has hosted many civilizations throughout its history and

carries the traces of these civilizations to the present day. It has many historical and archaeological heritage, such as buildings such as Hagia Sophia, Topkapi Palace and Grand Bazaar in Istanbul, historical underground cities in Cappadocia, the Ancient City of Ephesus and the statues on Mount Nemrut. These are just a few examples of Turkey's cultural heritage.

**Immigrant Communities:** Türkiye is a country that hosts many ethnic groups; Kurds, Germans, Syrians, Albanians, Arabs, Armenians, Azerbaijanis, Bosnians, Chechens, Circassians, Laz etc... This cultural difference has enriched Turkey's culture with their languages, traditions and food.

**Religious Diversity:** Religion in Turkey consists of various religious beliefs. The most common religion in the country is known as Islam. However, in addition to Islam, religions such as Christianity, Judaism, Baha'iism, Buddhism and Hinduism are also found.

**Cuisine:** The richness of variety in Turkish cuisine depends on many factors. In short, the diversity of products offered by the Central Asian and Anatolian lands, the interaction with many different cultures over a long historical period, the new tastes developed in the palaces of empires such as the Seljuk and Ottoman, have contributed to the Turkish culinary culture gaining its new structure. played a role.

### 1.3 Importance of Mental Health for Immigrants in Partner Countries

Mental health holds immense importance for immigrants in partner countries like Germany, Italy, and Turkey. As newcomers navigate cultural transitions, language barriers, and social integration, their mental well-being becomes pivotal for their overall adaptation and quality of life. Recognizing and addressing the unique mental health needs of immigrants is essential for fostering resilience and promoting successful integration within host societies. Presented below are perspectives from partner countries.



## Perspectives from Germany

Relocating to a new country presents a unique set of obstacles for immigrants, and it is essential for their well-being and smooth integration into German culture to recognize the significance of mental health. Building a strong and vibrant community requires acknowledging and resolving the particular difficulties faced by newcomers. Several key factors highlight the significance of prioritising mental health for immigrants:

- **Cultural Adjustment Stress:** Immigrants undergo a substantial cultural adjustment when moving to Germany. Navigating unfamiliar customs, languages, and social norms can be challenging, leading to cultural adjustment stress. Prioritising mental health support is essential to ease this transition and help immigrants navigate their new environment successfully (Schroeder, 2019).
- **Language Barriers and Social Isolation:** Language barriers present a significant challenge for immigrants, affecting their ability to communicate, form connections, and engage in daily activities. The resulting social isolation can contribute to mental health issues. Therefore, addressing language barriers and promoting inclusive practices are crucial for supporting the mental well-being of immigrants (Knipscheer et al., 2018).
- **Discrimination and Mental Health Outcomes:** Immigrants may encounter discrimination, prejudice, or stereotyping, which can adversely affect their mental health outcomes. Promoting inclusivity, addressing discrimination, and fostering a sense of belonging are crucial aspects of supporting the mental well-being of immigrants in Germany (Schunck & Reiss, 2019).
- **Access to Mental Health Services:** Limited access to culturally sensitive mental health services can pose a barrier for immigrants seeking support. Addressing these barriers and promoting awareness of available resources are essential steps toward prioritising mental health for immigrants in Germany (Leong & Kalibatseva, 2011).

- **Trauma and Pre-migration Experiences:** Trauma is a common experience that immigrants carry from their native nations. To promote mental health and ease a successful transition into German society, it is imperative to acknowledge and manage the psychological effects of pre-migration trauma (Laban et al., 2004).

In order to foster a friendly and encouraging atmosphere that supports immigrants' general well-being and effective integration into German society, it is essential to recognize and prioritise their mental health.

### Perspectives from Italy

Generally speaking, in Italy mental health is an underrated problem. Many surveys conducted in recent years have underlined how many Italians refuse to go to therapy because of high prices (psychological support is not financed by the national healthcare system) or because they do not believe in its efficiency. However, according to IPSOS 2023 research, Italy seems to be the country most hit by psychological disorders besides Japan. The most common psychological issues denounced by Italians are stress, concerns for the future, and the sense of loneliness. Nevertheless, Italy has low rates of inquiries of psychological support compared to other EU countries. These rates are lower among immigrants, where their level of access to the healthcare system services and psychological centres are lower than the ones of natives according to ISTAT. This is probably due to the coexistence of different variables: economic difficulties in accessing psychological care, cultural barriers in recognizing mental health, and the absence of targeted services.

Nationally, a lack of data on the topic makes the description and the investigation of these variables difficult. For the first variable, it is intuitive to underline how immigrants in Italy, most of the time, are involved in unqualified jobs, with, generally, lower salaries. Moreover, their saving behaviour is often dedicated to helping their families in their homelands rather than spending their money to improve their quality of life. For the second variable, a study done by the General Hospital of Padua, highlighted how the presence of migrants in the psychological centers of the hospital has been only 6%, with the majority of people coming from Slavic/eastern European ethnics. Moreover,

foreigners use psychological support also for a shorter length of time, often insufficient. So far, the differences in the diagnosis are not so relevant between natives and foreigners, except for PTSD and stress which is higher among immigrants. Lastly, focusing on the last variable, it can be said that in Italy there is a general lack of targeted services of psychological support for migrants or refugees even if many studies assessed their psychological trauma, high level of depression, discrimination, and severe PTSD symptoms. Regional healthcare systems are provided with guidelines to support migrants but structural interventions have never taken place.

## Perspectives from Turkey

Migration is a very complex phenomenon. Though, migrants may have different migration motivation (voluntary, forced), may experience different kinds of events during migration trajectory and different acculturation processes after migration, migration is an important life event for all migrants.

***Cultural Adaptation and Stress:*** Those who immigrate to Turkey often have to adapt to an environment different from their own culture. This causes acculturation stress. It is important for newcomers to integrate into Turkish society while preserving their own identity. However, this process is psychologically challenging.

***Language Barriers and Communication Difficulties:*** Many immigrants do not speak Turkish as their native language, which can lead to difficulties in communication. Language barriers can hinder interpersonal interaction and meeting basic needs. This is the most important factor that brings social isolation and mental health problems.

***Effect of Past Traumas:*** Many immigrants may have experienced various traumatic experiences before leaving their country. For example, the large number of Syrian immigrants to Turkey since 2011 is one example of this. Events such as war, persecution, and forced migration deeply affect a person's mental health. The impact of these traumatic experiences on the mental health of immigrants settling in Turkey is clearly seen.

**Sociodemographic situation:** Certain sociodemographic characteristics pose a risk to mental health not only for immigrants but also for the general population. Studies have shown that immigrants with low education levels, low income levels, single/unmarried or separated immigrants are at greater risk for mental health problems. While the unemployment rate is quite high among immigrants, the jobs they often hold are low. This shows another importance of mental health among immigrants.

**Post-migration:** Environmental factors after migration, decreased social support, inability to continue doing one's old job, and inability to establish one's education or professional career in the new place of residence are important risk factors affecting the mental health of immigrants (Parker and Kleiner 1966). In addition, acculturative stress (the culture shock associated with it) and perceived discrimination are also highly associated with migration-related mental health problems.

**Stress:** Post-migration stress (acculturation stress, perceived discrimination, sense of loss, etc.) can arise from a variety of reasons, and it is not easy to distinguish it as controllable or uncontrollable. How the immigrant can cope with this stress, which can occur differently in different areas of his life, and become healthier is a key subject of study (Noh and Kaspar 2003).

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## Module 2: Cross-national data collection on migrants' mental health in EU

**Learning Objectives:** *This module aims to equip learners to understand the definitions and characteristics of migrants and mental health, identify the factors that influence migrants' mental health, analyze the data on migrants' mental health, and assess the implications of the findings for policy and practice.*



### Learning Outcomes

Following the completion of Module 2, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"><li>▪ <i>Develop an understanding of the challenges and opportunities for improving migrants' mental health.</i></li><li>▪ <i>Identify and recommend policy and practice changes to address the mental health needs of migrants,</i></li><li>▪ <i>Develop skills in collecting and analyzing data on migrants' mental health.</i></li></ul>
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### Sub Units in this Module

Unit 2.1	Data analytics and reports of migrants' mental health in Europe
Unit 2.2	Current situation and migrants' mental health in Germany
Unit 2.3	Current situation and migrants' mental health in Italy
Unit 2.4	Current situation and migrants' mental health in Turkey

## 2.1 Data Analytics and reports of migrants' mental health in Europe

Migrants who have experienced traumatic events are at an increased risk of developing mental health disorders, such as depression and anxiety. This is due to several factors, including the stresses of relocation, language barriers, and social isolation. The need for reliable and standardised data collection is clear, given the importance of understanding and addressing the mental health needs of this vulnerable population.

To collect data on migrants' mental health, researchers have used a variety of method, which includes:

- Standardised questionnaires, such as the General Health Questionnaire, to measure the prevalence of mental health problems among migrants. These questionnaires can be translated into multiple languages to accommodate the diverse populations of migrants in the EU.
- Conducting interviews with migrants to gather more in-depth information on their experiences and mental health. This approach can provide a more nuanced understanding of the complex factors that impact migrants' mental health (Lueck & König 2020).

One study analysed media reports about migrants' mental health in Europe, and found that the majority of these reports focused on negative topics, such as violence, crime, and trauma. This type of coverage can perpetuate harmful stereotypes and negatively affect the mental health of migrants. The study also found that the media often fails to report on the positive aspects of migrants' lives, such as their resilience and ability to adapt to new environments (Mazloun & Salari 2020).

Another study looked at data collected by the European Social Survey, which includes responses from over 40,000 individuals across 36 European countries. The study found that migrants reported higher levels of psychological distress than native-born residents in the same countries. This suggests that integration stress may be an important factor in migrants' mental health (Dettlaff et al., 2019).



The European Health Interview Survey (EHIS) collected data from over 85,000 individuals in 30 European countries. The study found that migrants reported higher levels of psychological distress, anxiety, and depression than native-born residents. It also found that the longer a person had lived in a country, the more likely they were to report better mental health. This may be because they become more integrated and have more social support over time. (Kettunen. et al, 2021).

A study from the United Kingdom found that migrants' mental health was negatively affected by experiences of discrimination. The study surveyed over 400 people who had recently migrated to the UK from various countries. It found that those who reported higher levels of discrimination also reported more symptoms of psychological distress. These findings highlight the importance of addressing discrimination as a barrier to good mental health for migrants. (Thomsen et al., 2018).

In conclusion, the analysis of migrants' mental health in Europe using data analytics and reports highlights the importance of addressing the mental health challenges faced by this vulnerable population. The findings and insights gained from this analysis can inform the development of effective interventions, policies, and healthcare services that cater to the unique needs of migrants.

By leveraging data analytics and reports, we can:

- Identify mental health service gaps and areas for improvement
- Inform culturally sensitive and inclusive mental health interventions
- Support policy development and advocacy for migrants' mental health
- Provide insights for healthcare providers, policymakers, and migrant communities.

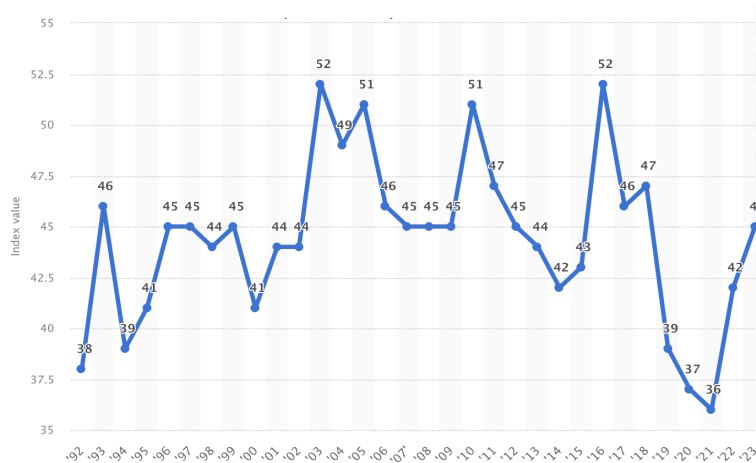
Ultimately, this work aims to promote the well-being and resilience of migrants in Europe, fostering a more inclusive and equitable healthcare system for all. (BMC Public Health. 2024).

## 2.2 Current situation and migrants' mental health in Germany

In Germany, there are over 1.5 million migrants living in the country, many of whom have fled conflict and violence in their home countries. In terms of mental health, research has found that many migrants are struggling with depression, anxiety, and post-traumatic stress disorder. There are several factors that may contribute to this, including the stress of adapting to a new country, experiences of discrimination, and the trauma of past experiences (Kizilhan et al., 2018).

In Germany, over the past two decades, there has been a significant destigmatization of mental health, leading to greater openness in discussing mental well-being and its impact on daily life. Despite this progress, accurate figures on mental health may still be elusive due to reluctance in admitting struggles. Common symptoms include withdrawal from social connections, persistent sadness or hopelessness, and changes in eating and sleeping patterns.

Stress and anxiety are major contributors to mental health issues, often stemming from various factors. Economic concerns, particularly related to inflation and rising prices, have been significant stressors for Germans. In 2022, economic worries ranked highest, with 54 percent feeling very concerned about increasing prices and 44 percent about overall economic development. The anxiety index reached 45 points in 2023, indicating heightened levels of stress since 2018. This is higher than in previous years and possibly because of the pressures the population is facing due to the energy crisis and inflation levels.



Anxiety index in Germany from 1992 to 2023

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Work-related stress is a prevalent issue, with many individuals experiencing burnout. Approximately a fifth of both men and women in Germany have resigned from their jobs due to stress. However, only around 35 percent of people feel comfortable discussing their mental health openly with colleagues and management. This highlights a considerable gap between those who feel supported in discussing mental health at work and those who do not.

While these insights provide valuable general information, it's essential to recognize potential limitations in data accuracy and completeness due to varying update cycles and the complexity of mental health reporting.

Many migrants in Germany are young people who have fled their home countries without their families. They are known as "unaccompanied minors" or "unaccompanied refugee minors" (URMs). These young people are particularly vulnerable to mental health problems, as they may have experienced traumatic events and have limited support networks.

There are some interventions that have been implemented to improve the mental health of migrants in Germany. Some of these interventions focus on providing safe living spaces, educational opportunities, and social support. These interventions can help to improve the mental health of migrants and can also help to reduce the risk of developing mental health problems in the future.

They are:

- **Unaccompanied Minors' Centers (UMCs):** These centres provide a safe living space for unaccompanied minors and also offer educational and vocational training opportunities. They also provide access to mental health professionals who can provide support and treatment for mental health problems.
- **Neighbourhood Support for Refugees (NStR) program:** This program aims to promote social inclusion and integration of refugees by connecting them with local community members. The program also provides resources and support for refugees, such as language classes and job placement services.

Research has shown that the UMCs and NStR programs have been effective in improving the mental health of migrants in Germany. Specifically, studies have found that these interventions can reduce symptoms of depression and anxiety, and increase feelings of hope and social support. These improvements have also been linked to better educational and employment outcomes for migrants.

## 2.3 Current situation and migrants' mental health in Italy

### **Mental health status of refugees**

Immigrants face heightened vulnerability to risks and trauma, which undoubtedly takes a severe toll on their mental well-being, leaving enduring wounds. Italian psychiatrist Roberto Maistro, who has researched the mental health of Italian immigrants, identifies three primary traumas experienced by refugees. Firstly, in their home countries, where they are compelled to flee due to factors like war, famine, poverty, or persecution. Secondly, during their journey, where they often encounter torture and perilous situations. Lastly, upon arrival, they grapple with cultural shock, lack of support, and lengthy bureaucratic processes.

In Italy particularly, the new legislation of 2018 about migrants' reception, have cut funds for the psychological and linguistic help to migrants, providing (according to the NGOs working in the field) insufficient support both to the professionals working with migrants (which often have no psychological background) and to migrants themselves. These services are instead vital for their correct reception and inclusion, considering that it has been study that around the 80 and 90% of migrants arriving in Italy suffer of Post Traumatic Stress Disorder (PTSD). The Italian association "Medici per i diritti umani" (Doctors for Human Rights) conducted a study in 2020 analyzing the mental health situation of African migrants on Italian coasts, focusing on their psychological condition in reception centers where refugees in Italy receive initial assistance. In the specific case of the study, patients from the CARA in Mineo, a prototype of mega centers in the country, exhibited a significantly more severe clinical presentation of post-traumatic stress disorder (PTSD) compared to patients from smaller reception centers. This is particularly pertinent as refugees and asylum seekers are increasingly

accommodated in large and overcrowded hotspots and initial reception centers, even in affluent Western countries, which greatly contribute to the creation of a post-migration traumatic environment.

Several studies highlight the significance of several post-migration events as predictors of PTSD symptomatology in refugees, in addition to pre-migration trauma. These include a number of elements that define "the mega-reception centre model," of which Mineo served as the prototype: challenges with day-to-day living, extended stays in institutional settings, social isolation, inadequate social integration, challenges obtaining health care and social services, and protracted wait times for the issuance of a residency permit. These elements add up to a plethora of everyday stressors that lead to anxiety and insecurity. Large reception centres like CARA Mineo might thus be seen as "re-traumatizing places" that negatively impact the mental health of refugees and asylum seekers. This is especially important because more and more refugees and asylum seekers are being kept in large, crammed first reception centres.

Seventy-nine percent of the research participants were diagnosed with PTSD. These trauma categories have the highest psychopathogenic content; in fact, a substantial body of research indicates that PTSD rates are higher after purposeful psychotraumatogenic events (violence, abuse, torture, etc.) than after trauma of an impersonal kind (accidents, for example). The study sample's patients experienced an average of eight different types of traumatic events—some of them as many as eighteen!—including physical assault (65%), imprisonment (68%), torture (82%), witnessing the killing of one or more people (51%), being in danger of death (47%), kidnapping (46%), sexual assault (18%), and many more.

### **Mental health status on immigrants at work and school in Italy**

Mental health difficulties for immigrants in Italy are also present among immigrants living in the country who passed the first arrival difficulties, in different sectors of life: from school to work to social events.

According to the study *"Perceived discrimination at work for being an immigrant: a study on self-perceived mental health status among immigrants in Italy"* done by A. Di Napoli et alia (2017), among immigrants studied, 15.8% referred discrimination at their workplace in Italy for being an immigrant. Higher probability of poor mental health

status was observed for immigrants who experienced discrimination at the workplace, who arrived in Italy at least 5 years, for not employed subjects, and for people from the Americas. Lower probability of poor mental health status was found in immigrants from Western-Central Asia and Eastern-Pacific Asia. The study confirms that discrimination at workplace for being an immigrant is a risk factor for self-perceived mental health among immigrants in Italy, suggesting that an overall public health response is essential in addition to work-based interventions.

Eventually, also in the school environment young immigrants and refugees have shown to experience discrimination with consequences on their mental health. According to ISTAT data, Compared to their Italian peers, young people of foreign origin experience discrimination more often. One indicator of this trend is the more frequent acts of bullying they experience. Foreign students are more often victims of bullies than Italians. The higher the number, the greater the proportion of students with non-Italian citizenship who have been bullied compared to their peers. On 100 Italian pupils who have experienced offensive or violent incidents by peers, among foreigners the share rises an average of 16-17 points higher. It is especially students of certain nationalities, such as those of Filipino, Chinese and Indian citizenship, who are among the most affected. Up to even 30-40 points higher than their Italian peers. Phenomena such as bullying and discrimination should not be minimized when talking about mental health, especially for the many migrants living in deprived areas. In fact, 10.5 percent of children living in very deprived areas have been bullied one or more times a week (8 percent among those living in areas with less deprivation).

## 2.4 Current situation and migrants' mental health in Turkey

In Turkey, there are a number of factors that affect the mental health of immigrants. Especially in recent years, there has been a large wave of migration of refugees from Syria and other surrounding countries to Turkey. This wave of migration has raised questions about the mental health of immigrants, and many state-supported programs have been implemented on this issue. Here are some of these programs:

- **'SIHHAT PROJECT'**: In Turkey, which has become the country hosting the highest number of refugees in the world with the number of registered Syrians reaching 3.6 million, public health and access to healthcare problems created by Syrians have become an important pressure factor that affects the quality of services and threatens social harmony. This project includes health services for Syrian refugees and aims to find solutions to their health problems. Within this framework, services such as health screenings, treatment opportunities and health education can be provided to refugees. The "health project" coordinates Turkey's efforts to address refugees' health problems and increase their access to healthcare.
- **Health Services**: Refugees in Turkey are provided with access to general health services. In this context, mental health services are also provided. Public hospitals and health centres try to meet the mental health needs of immigrants by providing psychosocial support services.
- **Support Programs for Children and Youth**: School-based psychosocial support programs are implemented for immigrant children and youth in Turkey. These programs are provided through educational institutions and aim to meet the psychosocial needs of children.
- **Family Counseling and Support Services**: Family counselling and support services are offered to help families adapt and strengthen their family relationships. These programs focus on resolving family conflicts and improving the psychosocial well-being of the family.
- **Community-Based Support Projects**: Various non-governmental organisations and international organisations in Turkey carry out community-based support projects for the mental health of immigrants. These projects aim to strengthen immigrants' social support networks, increase their psychosocial resilience and support their integration into society.
- **Psychosocial Support Centers**: There are psychosocial support centres in

different regions of Turkey. These centres provide counselling, therapy and psychosocial support services to immigrants.



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## Module 3: Psychological Anthropology: How culture impacts our mental well-being

**Learning Objectives:** *This module aims to equip learners to focus on understanding how culture influences our views of mental health, how different cultures approach mental health issues, and how culture impacts our experiences and expressions of mental health.*

### Learning Outcomes

Following the completion of Module 3, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"> <li>▪ <i>Recognize and understand the role of culture in shaping mental health</i></li> <li>▪ <i>Compare and contrast different cultural approaches to mental health issues</i></li> <li>▪ <i>Identify and analyze the impact of cultural beliefs and practices on mental health.</i></li> </ul>
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### Sub Units in this Module

Unit 3.1	What is culture and how it shapes our mind
Unit 3.2	Psychological Anthropology as a cross-cultural method to understand others
Unit 3.3	How culture impacts our mental health
Unit 3.4	Practical examples of mental health recognition and symptomatology in different cultures (Europe, Asia, Africa, indigenous)

## 3.1 What is culture and how it shapes our mind

Culture refers to the shared beliefs, values, traditions, and practices of a group of people. Culture shapes our minds in a variety of ways, from the way we think and feel to the way we interact with others and the world around us. It also influences our beliefs about right and wrong, and it shapes our sense of identity. It's a really powerful force, and it's something that everyone experiences, whether they're aware of it or not.

Different ways in which culture shapes our minds are through:

- **Language:** The words we use and the way we communicate are deeply influenced by our culture. For example, different cultures have different ways of expressing emotion and different words for emotions that don't exist in other languages (Wierzbicka 1985). Language also shapes the way we think about the world. For example, some languages have different concepts of time ( Whorf, 1956.) or different ways of describing colours. (Kay & Kempton 1984). All of this influences how we think and perceive the world around us.
- **Sense of self:** In some cultures, the individual is seen as the most important unit, while in others, the group is more important. This can affect the way we think about ourselves, our relationships, and our place in the world. Culture also shapes our values and beliefs about right and wrong. For example, different cultures have different ideas about things like family, marriage, and gender roles. All of this can influence our sense of identity and the way we view the world. (Markus, H. R., & Kitayama, S. 1991).
- **Social interactions:** Different cultures have different norms for how people should interact with each other, including things like eye contact, personal space, and physical touch. These norms can affect the way we feel comfortable or uncomfortable in social situations, and they can also influence the way we form relationships. In addition, different cultures have different ideas about the importance of social hierarchies and the roles that people should play in society. (Ting-Toomey & Chung, 2012).

- **Attitudes toward risk and uncertainty:** In some cultures, taking risks is seen as a positive thing, while in others, it's seen as something to be avoided. This can influence our willingness to try new things, take chances, and explore new opportunities. It can also affect our willingness to trust others, others, and our sense of security. (Hofstede & Hofstede, 2001)
- **Nature and the environment:** Some cultures see humans as separate from nature, while others see humans as part of the natural world. This can affect our attitudes toward the environment, and our sense of responsibility for the planet. It can also affect the way we experience nature and our relationship with the natural world. (Kalland & Asquith, 1997)
- **Art and creativity:** Different cultures have different ideas about what art is, and what it's for. For example, some cultures see art as a way to express beauty, while others see it as a way to communicate ideas or explore the human condition. This can influence the kinds of art we create and the way we experience art. It can also affect the role that art plays in our lives and our communities. (Kim & Chung, 2000).

Culture has a powerful influence on the way we think, feel, and behave. It shapes our minds by influencing the way we see the world, our relationships with others, and even our physical health. By understanding the power of culture, we can begin to understand ourselves and our fellow humans more deeply.

### 3.2 Psychological Anthropology as a cross-cultural method to understand others

Psychological anthropology is the study of the relationship between culture and the human mind. It seeks to understand how culture influences the way people think, feel, and behave. One of the central concepts of psychological anthropology is that of "emic" and "etic" perspectives.

Emic perspectives are based on the worldview of the people being studied, and they often focus on subjective experiences and meanings. On the other hand, etic

perspectives are based on the worldview of the researcher, and they often focus on objective measurements and observations. Psychological anthropologists often use a combination of both emic and etic perspectives to gain a more complete understanding of the culture they are studying.

Psychological anthropology is unique among cross-cultural methods because it focuses on the inner lives of people, rather than just their behaviour or physical characteristics. It aims to understand how people make sense of their own experiences, and how they construct meaning in their lives. This allows researchers to gain a more nuanced understanding of other cultures, rather than simply cataloguing their customs and practices. (Shweder & LeVine, 1984).

These are some classic examples of psychological anthropology research.

- (Mead, M. 1928) focused on how gender roles were constructed and experienced in Samoan society. She found that gender roles were much more fluid and flexible in Samoa than in Western societies. Her findings challenged the idea that gender roles were biologically determined and universal.
- (Geertz, C. 1980) studied a religious ritual called the "Negara" and argued that it was not just a religious ritual, but also a way for people to make sense of the world and their place in it. He also argued that the Negara had important social and political functions. Geertz's work was groundbreaking because it showed that religion could not be understood in isolation from culture and society.
- (Lutz, C. 1987) studied the way that workers in a factory in Italy experienced emotions at work. She found that workers often felt anxious and frustrated, and that these emotions were shaped by the hierarchical structure of the factory. Workers who had more power felt less anxiety and frustration than those with less power. This shows how even seemingly objective systems like a factory can have important emotional implications.
- (Scheper-Hughes, N. 1993) studied how people in Brazil experience poverty, and found that poverty is not just a material state, but also a state of mind. She argued

that the emotional experience of poverty is shaped by factors like social isolation, inequality, and violence. This research shows how emotions are not just personal, but are also shaped by the larger social and cultural context.

- (Davis, S. L. 1996) studied the way that gender roles are constructed in Japan, and found that men and women are expected to express different emotions in public. For example, women are expected to be calm and quiet, while men are expected to be stoic and strong. This shows how emotions are not just individual, but are also shaped by social norms and expectations.

This provides insights into how emotions, gender roles, and social norms are shaped by cultural and societal forces. The research of Margaret Mead, Clifford Geertz, Catherine Lutz, and Nancy Scheper-Hughes has made important contributions to our understanding of how these factors interact. It's clear that our emotions, social roles, and even our mental health are influenced by the cultures we live in.

### 3.3 How culture impacts our mental health

Mental health is influenced by both biological and cultural factors. For example, some mental health issues, like depression, may have a biological basis. But culture can also play a role in shaping how we experience and cope with mental health issues.

Different ways of how culture impacts our mental health include:

#### ***The way it shapes our understanding of mental health issues:***

- Different cultures have different beliefs about what constitutes mental illness, and how it should be treated. For example, in some cultures, mental illness may be seen as a sign of weakness or something to be ashamed of. This can make it difficult for people to seek help or treatment. On the other hand, some cultures may view mental illness as a spiritual problem, and may seek treatment through religious or spiritual practices. (Kleinman, A. 1977).

### ***Social support networks:***

- Social support is an important factor in mental health, and it can be influenced by cultural norms and values. For example, some cultures may have strong extended family networks, while others may place more emphasis on individualism. The way we connect with others can have a big impact on our mental health. (Cohen & Wills, 1985).

### ***Cultural differences:***

- This can lead to different definitions of mental illness, which can influence how common mental health issues are in different cultures. (Kleinman, A. 1977) For example, some cultures may view depression as a normal reaction to stress, while others may view it as a serious mental health condition. This can affect how likely people are to seek help for mental health issues. Also, cultural differences in how mental illness is defined can also lead to differences in how mental health issues are treated. (Leighton & Murphy, 1996). In some cultures, mental health issues may be treated with traditional healing methods, such as herbal remedies or prayer. In other cultures, mental health issues may be treated with modern psychotherapy or medication. The availability of different treatment options can also vary from culture to culture.

### ***Stigma and Labelling Theory:***

- In some cultures, there may be a stigma associated with mental illness, and people may be reluctant to talk about their mental health issues for fear of being judged or ostracised. Labelling theory suggests that the way we define and label mental illness can have a big impact on how people with mental health issues are treated by society. In some cultures, people with mental health issues may be labelled as "crazy" or "insane," and this can lead to discrimination and exclusion. (Link & Phelan, 2001). This stigma can make it harder for people with mental health issues to get the help they need, and it can contribute to feelings of shame and isolation.



### ***The way it shapes our values and beliefs:***

- For example, some cultures place a greater value on individualism, while others place a greater value on collectivism. Individualistic cultures tend to emphasise personal achievement and individual happiness, while collectivistic cultures tend to emphasise group harmony and social connectedness. These different values can have a big impact on our mental health. (Triandis, 1995).

Culture is a complex and dynamic force that is constantly changing. It's important to remember that no culture is monolithic, and there is always diversity within any given culture. This means that even within a single culture, people will have different experiences and perspectives on mental health. Therefore, it's important to avoid making generalisations about any culture or group of people.

## **3.4 Practical examples of mental health recognition and symptomatology in different cultures [Europe, Asia, Africa, indigenous]**

This section explores practical examples of how mental health is recognized and the symptoms it presents in different cultures, including those in Europe, Asia, Africa, and indigenous communities. Understanding these cultural variations helps in providing more effective and culturally sensitive mental health care.

### **EUROPE**

In Germany, depression is often viewed as a biological condition that needs to be treated with medication. (Kleinman, Das & Lock, 1997).

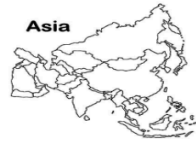
In France, depression is often viewed as a social condition that is caused by loneliness and isolation. (Elola & Platt, 2009).

In Greece, mental health is often seen as a sign of personal weakness, and there is a lot of stigma associated with seeking help for mental health issues. (Angelidou, Kondilis & Papantoniou 2009).

In Italy, it's more common for people to seek help from family members or friends rather than from professionals. (Montorio, Brugha & Bebbington 2007).

In Turkey, depression is often seen as a sign of weakness or laziness, and people may be reluctant to seek help. This can lead to people suffering in silence, and it can make it difficult for people to get the help they need. However, there is a growing awareness of mental health issues in Turkey, and there are a number of organisations that are working to raise awareness and reduce the stigma associated with mental health. (Kucuk, Bagci & Kayahan 2015).

## ASIA



In Japan, depression is often viewed as a sign of weakness, and it's often not recognized as a mental health issue. As a result, many people who experience depression in Japan may not seek treatment. (Park & You, 2016).

In China, depression is often viewed as a normal part of life, and it's not considered a mental illness. Instead, it's seen as something that everyone goes through at some point in their life. (Zhang & Ho, 2013).



## Africa

In some parts of Africa, mental health is often viewed as being caused by supernatural or spiritual forces. As a result, treatment often focuses on spiritual or religious rituals rather than on medical interventions. For example, in Nigeria, some people with mental health issues may be taken to a traditional healer who may perform rituals or prescribe traditional medicine. While some organisations are working to raise awareness associated with mental health issues. (Patel & Kleinman, 2003).

**Indigenous:** The Maori people of New Zealand. The Maori have a holistic view of health, which includes both physical and mental well-being. Mental health is seen as an important part of overall health, and there are a number of traditional healing practices that are used to treat mental health issues. These include things like haka, which is a type of dance and chant, and rongoā rākau, which is the use of traditional plant medicine. (Klendon & Mckinney, 2008).



These examples show how different cultures have different ways of understanding and treating mental health issues. While the Western biomedical model is often used as the gold standard, it's important to recognize that other cultures have different ways of understanding mental health that may be just as effective. By learning about the different approaches to mental health around the world, we can broaden our understanding of mental health and find new ways to help those who are struggling.

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## Module 4: The linguistic barrier and its impacts on psychological well-being



**Learning Objectives:** *This module aims to equip learners to understand the concept of a linguistic barrier and its potential impact on psychological well-being, identify the factors that may influence the impact of a linguistic barrier on psychological well-being, and analyze the data on the relationship between linguistic barriers and psychological well-being.*

### Learning Outcomes

Following the completion of Module 4, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"> <li>▪ <i>Understand the importance of language in maintaining psychological well-being.</i></li> <li>▪ <i>Recognize the need for culturally and linguistically appropriate mental health services</i></li> <li>▪ <i>Advocate for the development of such services.</i></li> </ul>
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### Sub Units in this Module


Unit 4.1	The linguistic barrier
Unit 4.2	The impact of multilingualism on human brain
Unit 4.3	The impact of the linguistic barrier on education
Unit 4.4	Linguistic barrier and social exclusion: what psychological impact

## 4.1 The linguistic barrier

The linguistic barrier refers to the difficulties that people face when they are communicating in a language that is not their native language. These difficulties can include problems with grammar, vocabulary, pronunciation, and other aspects of language use. As a result, people who are experiencing a linguistic barrier may have trouble understanding others and making themselves understood. (Bialystok, E., & Craik, F. I. M., 2010).

When people are experiencing a linguistic barrier, they may feel frustrated, embarrassed, or even ashamed. These negative emotions can make it even harder to communicate effectively. (Gardner, R. C. & Maclyntre, P. D. 1991). In addition, they may feel isolated or excluded from conversations and interactions. It can be a very isolating and alienating experience. (James, E. 2018).

Helpful strategies that people can overcome these challenges include:

- ***Patient and understanding:*** When communicating with someone who is experiencing a linguistic barrier. It's important to remember that they may be doing their best to communicate with you, and to give them the time and space to do so. It's also important to avoid making assumptions or jumping to conclusions about what they're saying. (Rogers, B., & Zweil, S. 2016).
- ***Use of non-verbal communication:*** Even when someone is struggling with the verbal aspect of communication, they may still be able to communicate through body language, facial expressions, and other non-verbal cues. (Booth, A., & Seymour, J. 2017). 
- ***Use of technology:*** There are many translation apps and websites that can help people communicate with each other, even if they don't speak the same language. These tools can be a huge help in bridging the linguistic barrier. (Smith, L. T. & Sargent, J. 2013).
- ***Use of visuals:*** such as pictures or drawings, to help communicate. This can be especially helpful if someone is having difficulty expressing themselves verbally. (Stamovlasis, A. 2018)

- ***Common ground through shared experiences or interests:*** This can help to build a connection, even if there are language barriers. (Perez-Vidal, C., & Kelly, S. 2014)

Language barriers can present significant challenges for effective communication, but they can be overcome through patience, understanding, and the use of tools such as translation apps and visual aids.

## 4.2 The impact of multilingualism on human brain

There's a lot of research that suggests that multilingualism can have a positive impact on the brain. Studies have shown that multilingualism can increase cognitive flexibility, which is the ability to switch between different tasks and ideas quickly, improve memory, and even delay the onset of dementia. This can lead to better, problem-solving skills, and improved creativity.

Cognitive flexibility refers to the brain's ability to switch between different tasks and ideas. It's a key component of executive functioning, which is the ability to plan, organise, and control behaviour. (Bialystok et al. 2009).

Multilingualism can enhance cognitive flexibility in a few different ways.

- By increasing the brain's ability to process information from multiple sources at the same time.
- By improving the brain's ability to switch between different tasks.
- By increasing the density of grey matter in the brain, which is associated with improved memory and learning.
- By increasing the brain's ability to form new connections between different parts of the brain, which can help with recall and retrieval of information. (Shing, Y. L., Luk, G., & Bialystok, E. 2017)

## 4.3 The impact of the linguistic barrier on education

### Impact on children education

Research has shown that linguistic barriers can have a significant impact on children's cognitive development, social-emotional development, and academic achievement. (Espinosa, L. M. & Lopez, A. 2014).

#### ***Cognitive development:***

- Children who are learning a second language may have difficulty with tasks that require flexible thinking and problem-solving. They may also have difficulty with working memory, which is the ability to hold information in the mind while performing a task.

#### ***Social-emotional development:***

- Children who are learning a second language may experience frustration, anxiety, and stress.

#### ***Academic achievement:***

- Linguistic barriers can hurt educational outcomes, including literacy, maths skills, and academic performance. It can also lead to lower self-esteem, lower motivation, and more behavioural problems in school. Bilingual students may also face prejudice and discrimination, which can affect their educational experience. (Rolstad, K., Mahoney, K., & Glass, G. V., 2005).

Young children who do not have a strong foundation in language can have difficulty with reading, writing, and maths. They may also have trouble forming relationships with their peers and understanding complex concepts. Interventions to help overcome these barriers are essential for ensuring that all children have equal opportunities to succeed. (Espinosa, L. M. & Lopez, A. 2014).



## 4.4 Linguistic barrier and social exclusion: what psychological impact

It is important to understand that the psychological impact of linguistic barriers and social exclusion can be quite complex and multifaceted. Some common psychological effects include low self-esteem, feelings of loneliness, and social anxiety. These effects can have a significant impact on a person's overall well-being and quality of life.

One way to understand the psychological impact of linguistic barriers and social exclusion is through the lens of social identity theory. This theory suggests that a person's sense of self is strongly influenced by the groups to which they belong. When a person experiences linguistic barriers or social exclusion, it can threaten their sense of belonging and their sense of self. This can lead to feelings of isolation and diminished self-worth. (Tajfel, H., & Turner, J. C., 1979).

Specific examples of the psychological impact of linguistic barriers and social exclusion.

- ***Immigrant children who are learning a new language:*** These children may experience feelings of isolation and loneliness, as they may feel like they don't fit in with their peers. They may also experience anxiety about their ability to learn the new language and communicate effectively. (Buss, C. M., 2012)
- ***Refugees:*** They often face significant linguistic barriers when they resettle in a new country. Refugees may have difficulty finding work and integrating into their new communities, which can lead to feelings of isolation and depression. They may also experience anxiety about their safety and the safety of their families. These experiences can take a toll on the mental health of refugees. (Beiser, M. 2005)
- ***People with hearing impairments:*** They may experience linguistic barriers due to the communication difficulties that can arise from their disability. This can lead to feelings of frustration, anxiety, and isolation. They may also have difficulty accessing services and information, which can further compound their feelings of isolation. (Schafer, J. L., Rosenbaum, P., Ragan, M. A., Meuleners, L. B., & Cummins, R. A. 2016).

- ***People with learning disabilities, such as dyslexia:*** They may face linguistic barriers due to their difficulty with reading, writing, and other language-based tasks. This can lead to frustration and anxiety about their ability to succeed in school and the workplace. They may also face discrimination and misunderstanding from others who don't understand their disability. (Reed, A. E., & Evans, J. S. 2007).

In summary, these barriers can lead to a variety of negative psychological outcomes, including stress, anxiety, and depression.

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## Module 5: The impact of racism in mental health and personal identity



**Learning Objectives:** *This module aims to*

- *Learn the history of racism in Europe and its consequences on the present;*
- *Understand how racism can affect people's mental health;*
- *Study how racism can lead to losing one's identity and how this affects their mental health;*
- *Analyse the consequences of racism in the lives of migrants.*

### Learning Outcomes

Following the completion of Module 5, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"> <li>▪ <i>Gain an understanding of the historical development of racism in Europe, including its origins, manifestations, and impact on contemporary society.</i></li> <li>▪ <i>Explore the psychological and emotional effects of racism on individuals' mental health, including stress, anxiety, depression, and trauma.</i></li> <li>▪ <i>Examine the concept of racial identity and its significance in the context of experiencing racism, including how discriminatory practices can undermine individuals' sense of self-worth and belonging;</i></li> <li>▪ <i>Analyse the specific challenges and vulnerabilities faced by migrants as a result of experiencing racism, including social exclusion, economic disparities, and barriers to accessing essential services and opportunities.</i></li> </ul>
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### Sub Units in this Module

Unit 5.1	Short history of racism and the present time
Unit 5.2	The impact of racism on mental health
Unit 5.3	How losing identity impacts our psychological health
Unit 5.4	The negative consequences of racism in migrants lifestyle: radicalization and ghettoization

## Introduction

This module offers a thorough examination of the causes, consequences, and history of racism in Europe from its inception to the present. Participants will learn about the difficulties faced by migrants, the psychological effects of racism on mental health, and the deterioration of identity. Students will get an overview of the dynamics surrounding racism and its effects on both individuals and societies through in-depth analysis. This module aims to give information about how racism can damage the mental health and sense of identity of those who suffer from it. In particular, this phenomenon affects immigrants in Italy, Germany and Turkey.

### 5.1 Short history of racism and the present time

In this section it will be summarised a brief history of the phenomenon of racism in Europe up to the present day to understand the historical origins of racism in Europe, analyse the major historical events and movements that have shaped and influenced the development of racism over the centuries and to reflect on the challenges and opportunities in combating racism today.

Europe has a centuries-long history of racism that is intricately linked to the continent's colonial past, imperial aspirations, and sociopolitical dynamics. Racial classes were created during the period of European colonisation, which is when racism first emerged. At that time, indigenous populations in Africa, Asia, the Americas, and other regions were exploited and subjugated.

Through colonial tactics including forced labour and enslavement, racism was institutionalised during the period of European imperialism. Millions of Africans were brought to the Americas to work in terrible conditions on plantations during the transatlantic slave trade, which serves as a reminder of the dehumanising impacts of racism.

With the usage of pseudo-scientific theories like social Darwinism and eugenics to support ideas of white supremacy and racial purity, the Enlightenment Era solidified

racial hierarchies even more. These ideas served as a theoretical defence of colonial dominance and growth, as well as the erasure of minority populations from European society and the enslavement of indigenous peoples.

Racism's terrible effects were felt throughout the world in the 20th century, and they reached their peak with the Holocaust, in which the Nazi dictatorship methodically persecuted and killed millions of Jews, Romanis, and other individuals who were seen to be inferior in race. Ethnic tensions were intensified and continued patterns of discrimination and inequality were reinforced by the legacy of colonialism and imperialism, which also fueled conflicts and atrocities in Africa, Asia, and the Middle East.

Europe struggled to create open, multicultural communities throughout the post-war era while also dealing with the residue of its colonial history. Racism still exists in many forms, including institutionalised bias, hate speech, and racial profiling, despite tremendous advancements in civil rights laws and anti-discrimination policies (Ball, Steffens e Niedlich, 2022).

The discussion of racism in Europe has taken on new dimensions as a result of modern concerns like immigration, globalisation, and cultural diversity. Racial and ethnic identification has frequently been used as a frame for discussions about national identity, cultural integration, and social cohesiveness, which has caused tensions and disputes within European cultures.

The fight for racial equality continues to be difficult despite initiatives to combat racism via lobbying, education, and legislative changes. In addition to legislative action and policy modifications, there is the need for a larger social commitment to combating discrimination, advancing diversity, and creating inclusive societies.

## 5.2 The impact of racism on mental health

This sub-unit will examine how racism affects the mental health of individuals, including its psychological and emotional effects. This section is fundamental to promote awareness and understanding of the interconnection between racism, mental health, and individual and collective well-being.



Racism has a significant impact on people's mental health and general well-being. In addition to violating human rights, discrimination based on race, ethnicity, or cultural background causes serious psychological suffering. In addition to more covert manifestations like microaggressions, prejudices, and unconscious biases, racism could also take the shape of manifestations like hate speech, violence, and institutional bias. Racism affects people on a personal and social level, influencing their lives in many ways.

Racism has a significant impact on mental health: it can cause **increased levels of stress, anxiety, despair, and trauma in its victims**. Persistent exposure to acts of discrimination and social exclusion can damage **one's identity, sense of self, and sense of belonging**, which can result in feelings of rage and sadness.

The effects of racism on mental health are caused by a number of psychological mechanisms. Discrimination exposure over time causes **physiological stress**, which can lead to both physical and mental health issues. Just to give some examples:

### ***Physical issues:***

- Elevated blood pressure: Prolonged stress can cause blood pressure to rise, which increases the risk of cardiovascular illnesses.
- Decreased immunity: Extended periods of stress can weaken the body's defences against infections and diseases.
- Obesity risk increased: Prolonged stress can have a detrimental impact on metabolism and eating patterns, raising the risk of obesity and associated conditions.





- Stress can cause insomnia or disturb the sleep-wake cycle, which can lead to poor quality sleep.

***Mental Issues:***

- Anxiety and depression: Disorders related to anxiety and depression are often related to ongoing stress.
- Emotional tension and irritability: People who are under a lot of stress tend to be more tense and irritable.
- Stress can cause attention problems and memory problems, which can negatively impact cognitive function.
- Mood control issues: Emotional instability and mood swings can be brought on by stress.
- Low self-esteem: Prolonged stress can erode one's self-esteem



### 5.3 How losing identity impacts our psychological health

An individual's sense of self is (also) shaped by their racial and cultural identity, which also influences their cultural affiliations, values, and beliefs. Experiences with racism and discrimination, however, have the power to weaken this identity and have serious psychological repercussions. The sense of self-worth and self-perception can be damaged by encountering racism. **People who are frequently subjected to discriminatory attitudes and behaviours, usually internalise preconceptions about their race or ethnicity**, which can leave them feeling ashamed, insecure, and inferior. This decline in self-worth can have a serious effect on mental health, exacerbating issues like anxiety, sadness, and poor self-esteem.

The deterioration of racial identity could bring social alienation as well, because people who fear prejudice tend to avoid social situations. In addition, racism could cause people to lose their cultural identity by severing their links to their community and cultural heritage. An **identity crisis and a sense of not belonging** can arise from this loss of ties. This situation often results in cultural dissonance, which is the circumstance when

people feel as if they are in two different worlds and find it difficult to reconcile their ancestry with the prevailing culture.

Although racial identity's degradation presents difficulties, people are born with **coping strategies** that can reduce its effects. **Developing a solid support system**, taking part in cultural events, and using self-affirmation techniques can improve psychological health and empower people. Furthermore, **going to therapy** can provide people the skills they need to deal with the psychological repercussions of racism and create constructive coping mechanisms.

#### 5.4 The negative consequences of racism in migrants lifestyle: radicalization and ghettoization

Racism continues to be a problem in communities all over the world, affecting people's lives in many ways. Migrants, who frequently face prejudice and discrimination because of their nationality, race, or culture, are among those who are most severely impacted.

**The increased danger of radicalization** is one of the worst effects of prejudice on immigrant populations. People who frequently face marginalisation and prejudice because of their racial or cultural heritage, usually tend to **lose faith in society**. Immigrants, who are often denied access to social, economic, and political possibilities because of their country or ethnicity, could feel betrayed by society and they might decide to **approach extremist realities** and organisations that would give them a sense of belonging and power. As a result, **racism drives immigrants into radical beliefs** as a form of empowerment or resistance in addition to isolating them from mainstream culture.



**Ghettoization**, a negative impact of racism on migrant lives, is the **division of marginalised populations into small, enclosed zones marked by destitution, unemployment, and restricted access to basic services**. Racism fosters segregation and other exclusionary behaviours that restrict immigrants' chances of social mobility and integration, prolonging the ghettoization process. Migrants get imprisoned in cycles of poverty and marginalisation when they are routinely refused access to housing,

healthcare, education, and work because of their country or ethnicity. Ghettoization also feeds prejudices about immigration, aggravating social tensions. The stigmatisation and marginalisation of segregated communities strengthens the obstacles to social inclusion.

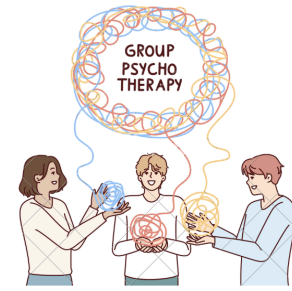
## Conclusion

This module has summed up an examination of racism's consequences on identity and mental health and a focus on the psychological repercussions, historical backgrounds, and difficulties encountered by immigrant populations. Participants are now better able to address structural injustices, encourage social inclusion, and help build a more inclusive and compassionate society for all.

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## Module 6: Psychotherapy approaches to migrants: Approach and Tools



**Learning Objectives:** *This module is designed for individuals from the general public to understand and apply professional approaches in psychology and counselling in their daily lives.*

*Upon completion of this module, you will comprehend concepts such as cultural competence therapy, narrative therapy, humanistic and existential therapy, and community-based intervention, and be able to apply them in your own life or interactions with others.*

### Learning Outcomes

Following the completion of Module 6, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"> <li>▪ <i>gain the ability to work effectively with individuals from different cultural backgrounds and experiences,</i></li> <li>▪ <i>improve your ability to analyse and make sense of individuals' life experiences,</i></li> <li>▪ <i>Your skills in understanding and evaluating the individual's inner world will increase,</i></li> <li>▪ <i>gain skills in identifying the needs of a particular society or region and developing effective strategies for social change,</i></li> <li>▪ <i>gain skills in discovering and changing people's life stories.</i></li> </ul>
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### Sub Units in this Module

Unit 6.1	Cultural competence therapy
Unit 6.2	Narrative therapy
Unit 6.3	Humanistic and existential therapy
Unit 6.4	Community-based intervention

## 6.1 Cultural competence therapy

Cultural competence therapy is a therapy approach that therapists have developed to work effectively with individuals from various cultural backgrounds and experiences. This approach focuses on the therapist's understanding, respecting, and responding sensitively to their clients' cultural context.

Therapy guides the therapy process by taking into account the cultural identities and experiences of individuals. This means that the therapist understands their clients' cultural backgrounds and values, adapts the therapy approach accordingly, and helps clients feel more comfortable within the cultural context.



<https://www.alientoaz.org/new-blog/2023/5/17/finding-a-culturally-competent-therapist>

This therapy approach helps therapists honour cultural diversity, prevent discrimination, and meet each client's unique needs. This can make the therapy process more effective and satisfying.

There are some approaches and tools used in cultural competence therapy, including:

- **Cultural Sensitivity and Awareness:** Therapists develop awareness of their own cultural biases and perspectives and are open to understanding their clients' cultural backgrounds.
- **Recognition of Cultural Values and Beliefs:** Therapists recognize the cultural values, beliefs, and practices of their clients and integrate these values into the therapy process.
- **Flexibility and Adaptability:** Therapists flexibly adapt therapy methods to the client's cultural context and tailor the therapy plan to the client's needs.
- **Examining Cultural Processes:** Therapists work in depth to understand their clients' cultural backgrounds, migration experiences, family dynamics, and other cultural processes.
- **Language and Communication:** Therapists care about their clients' native language and communication style and develop appropriate strategies for effective communication during the therapy process.
- **Using Cultural Resources:** Therapists encourage clients' empowerment by drawing on their cultural resources and enable clients to receive support from their own cultural communities.

## 6.2 Narrative therapy

Narrative therapy is a therapeutic approach focused on individuals' process of narrating, examining, and restructuring their life experiences. This form of therapy encourages individuals to tell stories about the events, relationships, and emotions in their lives and to examine these stories in depth.

Narrative therapy aims to explore how the stories that shape an individual's life and meaning have developed, and it focuses on how these stories can be changed. While listening to individuals' narratives, the therapist deeply engages with them, aiding the individual in better understanding themselves, questioning past experiences, and managing their current situation more effectively.



<https://www.insightpsychological.ca/counselling/narrative-therapy/>

Some approaches and tools used in narrative therapy are:

- **Storytelling:** Telling stories about important events in one's life, relationships, and emotions is encouraged. These stories are shared with the therapist and examined in depth.
- **Story Restructuring:** The person is helped to reconstruct the stories he tells in a more positive and healthy way. This can help a person change negative beliefs or harmful thought patterns.
- **Outside Perspective:** By evaluating the person's stories as an outside observer, the therapist can help the person look at their life experiences more objectively.
- **Questions and Reflections:** The therapist asks leading questions or makes reflections to get the person to think deeply about their story. This helps the person better understand and explore their feelings and thoughts.
- **Journaling or Writing Exercises:** Journaling or writing exercises may be recommended to help the person express their feelings, thoughts, and experiences. This allows one to explore and express one's inner world.
- **Visualisation and Metaphors:** The therapist may encourage visualisation or using metaphors to express the person's feelings or experiences. This can help a person understand and express their inner experiences more clearly.



## 6.3 Humanistic and existential therapy: approach and tools

Humanistic and existential therapies are therapeutic approaches that focus on realising individual potential, exploring the inner world of the client, promoting personal growth, and supporting the search for meaning. Both highlight the client's process of self-transformation while employing different approaches and tools (Corey, 2017).

**Empathy and Genuine Acceptance:** In humanistic and existential therapies, therapists focus on understanding and accepting the client's experiences. Empathy and genuine acceptance facilitate the expression of the client's feelings and thoughts, creating a trusting therapeutic relationship.

**Focus on the Client's Subjective World:** In both therapy approaches, therapists emphasise understanding and evaluating the client's inner world. This involves exploring the client's emotions, thoughts, values, and beliefs (Spinelli, 2015).

**Emphasis on Inner Strengths and Abilities:** Humanistic and existential therapies highlight the client's inner strengths, talents, and potential. Therapists work to enhance the client's self-confidence, encourage access to their inner resources, and support personal growth (Yalom, 1980).

**Search for Meaning and Personal Development:** Existential therapy emphasises the client's search for meaning in life and their journey of personal development. Similarly, humanistic therapy encourages the client's self-actualization and personal growth.

**Freedom and Responsibility:** In existential therapy, therapists help clients understand their own freedom and choices while emphasising the responsibility that comes with those choices. Humanistic therapy similarly focuses on the client's power to influence their own lives.

**Expression of Subjective Experiences:** Various techniques are used to support clients in expressing their feelings, experiences, and thoughts. These techniques may include free writing, drawing, role-playing, meditation, among others.

These approaches are used to create a therapeutic environment that facilitates the client's personal growth and search for meaning. Therapists offer various tools and techniques to facilitate the client's access to their internal resources and make their lives more meaningful.

## 6.4 Community-based intervention

Community-based intervention is an approach involving strategies and programs designed to address the needs of a specific community or region in areas such as health, education, social services, and others. These interventions typically focus on community participation and engagement while addressing individual, family, or group-level issues (Goodman et al., 2019).

The primary objectives of community-based interventions may include:

- **Improving Community Health and Well-being:** These interventions provide various health services, educational programs, and resources aimed at enhancing the health and well-being of the community. For example, health screenings, vaccination campaigns, and healthy lifestyle education programs may be part of community-based interventions (Gruen et al., 2008).
- **Enhancing Community Participation:** Community-based interventions encourage active participation of community members in identifying and addressing their own needs. This can increase access to the knowledge, skills, and resources necessary for communities to address their own issues (Minkler & Wallerstein, 2008).
- **Reducing Risk Factors and Strengthening Protective Factors:** Community-based interventions develop strategies to prevent harmful behaviours and promote healthy ones. This may focus on reducing risk factors such as substance abuse, obesity, and promoting protective factors in areas such

as sexual health, particularly among youth (O'Connell et al., 2009).

- **Access and Equity:** Community-based interventions aim to provide equal access to services for all segments of the community and promote social justice. This may involve developing policies and programs to reduce inequalities among disadvantaged groups and ensure everyone has access to needed services.

Community-based interventions often require a multidisciplinary approach and are tailored to the needs and priorities of the local community. This approach can help empower communities to identify, address, and strengthen their own issues, leading to more sustainable and inclusive social change.

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## Module 7: Competences to develop when working with migrants



**Learning Objectives:** *This module aims to equip learners to recognize and understand cultural differences, the ability to communicate effectively with people from different cultural backgrounds, and to advocate for the needs of migrants.*

### Learning Outcomes

Following the completion of Module 7, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"> <li>▪ <i>Develop cultural sensitivity, understanding and improved communication skills</i></li> <li>▪ <i>Develop awareness of cultural differences and improved ability to work with interpreters.</i></li> <li>▪ <i>Develop advocacy skills and knowledge necessary to effectively work with migrants and help them achieve their goals.</i></li> </ul>
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### Sub Units in this Module

Unit 7.1	Cultural Competence
Unit 7.2	Language Proficiency
Unit 7.3	Legal Knowledge and Assistance
Unit 7.4	Trauma-Informed Care
Unit 7.5	Cross-Cultural Communication
Unit 7.6	Advocacy Skills

## 7.1 Cultural Competence

Cultural competence is the cornerstone of effective mental health care for migrants. It involves the continuous development of awareness, knowledge, and skills to navigate the diverse cultural backgrounds of individuals seeking support. Cognitive cultural competence, or knowledge, requires an understanding of how culture, immigration status, and race influence psychosocial development, psychopathology, and therapeutic interactions. While it may be challenging to be fully aware of every culture, accessing accurate information from diverse sources is feasible in today's world. However, caution must be taken to avoid stereotyping and ensure a focus on the unique experiences of each individual (Schouler-Ocak et al., 2015). As Sue and Sue (2012) emphasise, cultural competence requires ongoing self-reflection, cultural humility, and the adaptability to tailor therapeutic approaches to diverse cultural contexts.

### 1. Self-Reflection:

- **Start with Personal Exploration:** Begin by reflecting on your cultural background, biases, and assumptions. Acknowledge any preconceived notions you may hold and explore how these might influence your interactions with migrants.
- **Examine Beliefs and Values:** Consider how your own beliefs and values may impact your understanding of mental health. Identify areas where your perspectives may differ from those of migrants.



### 2. Cultural Humility:

- **Embrace Humility:** Develop a modest mindset that recognizes the boundaries of your cultural expertise. Understand that developing cultural competence is a lifetime effort and that every encounter presents a chance for improvement.
- **Listen Actively:** Practise active listening when working with migrants. Be open to learning from their experiences and perspectives, and resist making assumptions based on cultural stereotypes.

### 3. Tailoring Therapeutic Approaches to diverse cultural contexts:

- **Individualised Treatment Plans:** Understand that a one-size-fits-all approach is inadequate in mental health care. Tailor your therapeutic interventions to align with the cultural background, values, and preferences of each migrant client.
- **Involve Clients in Decision-Making:** Collaborate with migrants in decision-making regarding their mental health care. Respect their autonomy and involve them in the planning and goal-setting process.

Apart from Sue and Sue (2012), emphasising cultural competence to develop when working with migrants and other general cultural competencies is very essential. Some of them are highlighted below:

- **Continuous Learning:** Continuous learning is imperative for mental health professionals working with diverse cultural groups, particularly migrants. This involves a commitment to ongoing education to understand the customs, traditions, and values of different migrant communities. Staying informed and culturally attuned requires active participation in cultural competency training and workshops, which offer practical skills and valuable insights. By engaging in these educational endeavours, mental health professionals enhance their capacity to provide more effective and culturally sensitive care, fostering positive outcomes in their interactions with individuals from diverse backgrounds.
- **Build Trust Through Relationship:** Prioritise building a trusting therapeutic relationship. Trust is foundational in any mental health interaction and becomes even more crucial when working with individuals from diverse cultural backgrounds. Also, Acknowledge Power Dynamics. One should be mindful of power dynamics that may be present in cross-cultural interactions. Strive to create a therapeutic space where migrants feel empowered and respected.
- **Cultural Skills:** Cultural skills involve moving beyond abstract knowledge and actively applying it in clinical settings. Utilising tools like the Cultural Formulation Interview (CFI) from the DSM-5, psychiatrists can gather information during mental health assessments about how culture influences key aspects of a patient's clinical presentation and care. The CFI explores four



assessment domains: cultural definition of the problem, perceptions of cause, context, and support, cultural factors affecting self-coping and past help-seeking, and cultural factors influencing current help-seeking (Echeverri et al., 2011). This approach enhances the practical application of cultural competence in therapeutic interactions (Flores, 2000).

- **Seek Supervision and Consultation:** One should be able to engage in supervision with experienced professionals who have expertise in working with diverse populations. Seeking guidance and feedback on cultural competence development also plays a crucial role. Collaborating with peers to share experiences and insight and establishing a supportive network for ongoing learning and reflection is very effective for developing cultural competencies.

## 7.2 Language Proficiency

Developing language proficiency is crucial for mental health professionals working with immigrants, as effective communication is fundamental to providing quality care. To enhance language proficiency, professionals can consider the following strategies:

### Cross-Cultural Vocabulary Development

Mental health professionals can enhance their cross-cultural vocabulary by actively learning and integrating terminology relevant to mental health issues within immigrant communities (Garcia & Nguyen, 2022). Moreover, a well-developed cross-cultural vocabulary is instrumental in dispelling stigma and addressing misconceptions surrounding mental health within immigrant communities. It equips professionals to navigate and counteract prevailing misunderstandings, contributing to a more accurate understanding of mental health and a reduction in associated stigma (Smith et al., 2021).

Beyond mitigating stigma, a diverse vocabulary allows mental health professionals to tailor interventions according to cultural nuances. This cultural tailoring ensures that therapeutic approaches align with the unique beliefs and practices of the individuals, thereby enhancing the efficacy of mental health interventions (Lee & Kim, 2020).

Conclusively, a cross-cultural vocabulary not only promotes inclusivity but also nurtures trust. Clients are more likely to engage with mental health professionals who demonstrate cultural sensitivity through language. This trust forms the cornerstone of effective therapeutic relationships, facilitating a more open and collaborative approach to mental health care (Cheng & Lin, 2019).

### **Cultural Expression Proficiency**

Developing Cultural Expression Proficiency enables mental health professionals to navigate linguistic and cultural nuances more effectively. As stated by Patel and Kim (2019), this competency enhances communication efficacy by ensuring that expressions used resonate with the cultural background of the individuals, fostering a deeper understanding of mental health concepts. Lee and Garcia (2020) also emphasise that Cultural Expression Proficiency acts as a bridge, allowing mental health professionals to traverse cultural gaps. This includes not only linguistic nuances but also understanding the cultural context in which expressions are embedded. Bridging these gaps is vital for effective communication in mental health settings.

### **Language Assessment Skills**

Wang and Santos (2018) assert that Language Assessment Skills empower mental health professionals to tailor their communication based on the language proficiency of migrants. This includes recognizing variations in proficiency levels and adjusting communication strategies accordingly, ensuring optimal understanding and engagement. Language Assessment Skills are identified as essential in mitigating communication barriers by Knipscheer et al. (2019). The ability to accurately assess language proficiency enables mental health professionals to identify potential barriers, leading to more effective interventions and support for migrants with varying linguistic capabilities.

To summarise, language proficiency is foundational for mental health professionals working with immigrants, promoting effective communication and culturally responsive care. Strategies such as cross-cultural vocabulary development, cultural expression proficiency, and language assessment skills empower professionals to navigate linguistic nuances, dispel stigma, and tailor interventions, fostering trust and inclusivity within

diverse communities. These approaches collectively enhance the efficacy of therapeutic relationships, contributing to improved mental health outcomes for immigrants.

## 7.3 Legal Knowledge and Assistance

Migration is the act of moving from one nation to another, which is fraught with challenges. Upon relocating to a new nation, immigrants may encounter many legal, social, and cultural obstacles.(Smith & Johnson, 2020). Among these challenges are legal problems. Legal support may be required by immigrants for a variety of reasons, including applying for visas, obtaining residency permits, housing, employment, and discrimination.

### **Knowledge of Immigration Laws and Policies**

Immigration laws and practices vary from nation to nation. In order to seek citizenship, acquire a residency card, or enter a new nation, immigrants must fulfil specific conditions. Acquiring knowledge of immigration rules and policies aids immigrants in safeguarding their rights and effectively handling legal procedures.

### **Visa and Residence Permit Application Processes**

Visa and residence permit processes for immigrants may not consist of a single process and can turn into a stressful process that is repeated from time to time. In this regard, informing immigrants about the legal process can play an important role in order to reduce the stress of immigrants and ensure a more comfortable immigration process. Furthermore, obtaining a visa and a residency card for immigrants is frequently a difficult and meticulous procedure. It is critical that the appropriate paperwork be ready, that application procedures be followed, and that all required processes be finished. Applications that contain errors in these stages may be rejected or delayed. It's critical to give immigrants thorough information about the application procedures and assistance when needed.

### **Legal Consultancy and Support**

Legal issues may arise for immigrants in their new nation. It can be challenging to deal with issues including domestic abuse, discrimination, loss of employment, and housing issues. Giving immigrants legal counsel and assistance can assist them in resolving such problems and defending their rights.

### **Legal Resources and Charities**

There are organisations, attorneys, and other services that can help immigrants with their legal needs. It can assist immigrants in resolving their legal issues and defending their rights if it is successful.

### **Human Rights and Immigrant Rights**

There is a comprehensive guide on the legal rights and problems of immigrants (United Nations High Commissioner for Refugees, 2018). It is crucial to educate immigrants about their rights as human beings and as immigrants. Every member of society has an obligation to make sure that immigrants get fair treatment and that their rights are upheld.

## **7.4 Trauma-Informed Care**

The term Trauma-Informed Care (TIC) is a method in which a person receives treatments that are predicated on their comprehension and acceptance of prior traumas as well as their sensitive handling of the effects of these traumas. This method seeks to better serve the needs of people in the social services, healthcare, and educational sectors who have undergone psychological, emotional, or physical trauma (Harris & Fallot, 2001).

The following are the fundamentals of trauma-informed care:

- **Security:** Ensuring people's physical and mental well-being and giving them a sense of security.
- **Flexibility and Voluntarism:** Exhibiting adaptability to meet the needs of persons and motivating them to take part in their own caregiving.

- **Empathy and Understanding:** In order to comprehend and accept the pain that others face, one must be empathetic and respectful of personal experiences [SAMHSA], 2014).
- Cultural sensitivity is the ability to provide services within each person's unique cultural environment while also acknowledging diversity and cultural distinctions.
- **Solidarity and Empowerment:** To build a supportive connection while assisting others in achieving their own well-being and empowerment.

Many people have had painful situations in the past as a result of their immigration experience. A variety of traumatic events can befall immigrants, including being forced to flee their home country, arduous migration voyages, challenges adjusting to a new culture, discriminatory practices, linguistic hurdles, and difficulties making a name for themselves. For immigrants, these encounters may have detrimental psychological, emotional, and physical impacts.

Understanding, recognizing, and compassionately reacting to such traumatic experiences of immigrants are all part of trauma-informed care. Immigrants can benefit from easier access to public resources such as social services, healthcare, and education by utilising the concepts of trauma-informed treatment. This seeks to assist immigrants' recovery processes by taking a more compassionate attitude to the traumas they have endured.

Cultural awareness is also necessary for trauma-informed care for immigrants. When services are offered with consideration for immigrants' cultural background, values, and beliefs, they can aid in their healing process and aid in their understanding of their traumatic experiences. This strategy may be a useful tool for promoting immigrants' health and wellbeing.

## 7.5 Cross-Cultural Communication

Developing cross-cultural communication competencies involves proactive steps to enhance cultural understanding and communication efficacy. Mental health professionals can engage in cultural competency training and workshops to cultivate an awareness of non-verbal cues and communication styles prevalent in diverse cultures (Knipscheer et al., 2019). Some of the strategies to develop cross-cultural communication competencies are:

- **Cultural Competency Training:** Engage in cultural competency training and workshops to cultivate awareness of non-verbal cues and communication styles prevalent in diverse cultures.
- **Participation in Multicultural Events:** Actively participate in multicultural events to expose oneself to different cultural contexts and communication norms.
- **Collaboration and Peer Learning:** Collaborate with peers to share experiences and insights, establishing a supportive network for ongoing learning and reflection in cross-cultural communication.
- **Continuous Self-Education:** Commit to continuous self-education about diverse cultural groups, staying informed about customs, traditions, and values relevant to mental health issues.
- **Reflective Practices:** Incorporate reflective practices to assess and refine cross-cultural communication skills, recognizing areas for improvement and adaptation.
- **Ongoing Supervision:** Engage in ongoing supervision with experienced professionals in cross-cultural settings, seeking guidance and feedback on the development of cross-cultural competencies.

These strategies collectively contribute to the enhancement of cross-cultural communication skills, enabling mental health professionals to navigate diverse cultural contexts more effectively (Knipscheer et al., 2019).

## 7.6 Advocacy Skills

Developing advocacy skills is imperative for professionals working with migrants. Advocacy in this context involves actively promoting the rights and needs of migrants within the broader societal framework. Professionals can play a pivotal role in raising awareness about the unique challenges faced by migrants and advocating for policies that support their mental well-being (APA, 2017). Some of the competencies in terms of Advocacy skills can be developed by the following:

### **Professional Development Opportunities:**

- Actively engaging in professional development opportunities is a key avenue for honing advocacy skills. This includes attending workshops, conferences, and training sessions focused on advocacy strategies specific to migrant mental health.

### **Policy Awareness:**

- Staying informed about relevant policies impacting migrants' mental health is essential. Advocacy skills benefit from a deep understanding of existing policies and the ability to navigate and influence policy changes that positively impact the mental well-being of migrants.

### **Collaboration with Advocacy Organisations:**

- Collaborating with advocacy organisations dedicated to migrant rights enhances advocacy skills. Joining forces with established entities provides mental health professionals with the support and resources needed to effectively advocate for the needs of their migrant clients.

### **Community Engagement:**

- Participating in community initiatives that address the specific needs of migrant populations is a practical approach to advocacy skills development. Involvement in grassroots efforts fosters a deeper connection with the community and allows professionals to advocate for improved mental health resources and services.

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## Module 8: Self-Care Strategies for Immigrants

**Learning Objectives:** *This module aims to equip learners to understand the importance of self-care, identify strategies for maintaining physical and mental health, develop a self-care plan, and learn how to practice self-care effectively.*

### Learning Outcomes

Following the completion of Module 8, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"> <li>▪ <i>Develop the knowledge and skills necessary to maintain physical and mental health.</i></li> <li>▪ <i>Empowered to take care of oneself.</i></li> <li>▪ <i>Have the tools necessary to maintain a healthy work-life balance.</i></li> </ul>
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### Sub Units in this Module

Unit 8.1	Mindfulness and Stress Reduction Techniques
Unit 8.2	Establishing Social Support Networks: Cultural Considerations
Unit 8.3	Building Resilience in a New Environment

## 8.1 Mindfulness and Stress Reduction Techniques

As shown in this Guide, stress and PTSD are the main psychological problems of migrants and refugees due to their traumatic past and to their uncertain present.

In this part of the module, some psychological advice will be provided to offer readers some useful tools to decrease their stress and/or anxiety level.

Be careful: these exercises are general, and they cannot be, in any manner, the substitution of professional advice. Consult a professional to address a specific therapeutic path.

### Mindfulness exercise

The first exercise is a mindfulness one: What is mindfulness? It is the basic human ability to be fully present, aware of where you are and what you are doing, and not overly reactive or overwhelmed by what is going on around you. Practicing mindfulness allows you to be focused and to stop negative thoughts dealing with the problems surrounding you.

Here there are some important exercise:

- **Awareness of your senses:** When we are overstressed we lose the connection with our body, many of us experiences the “freezing”, which is a response of our body to stress and danger, which paralyzes us. Hence, it is important to get back the connection with our body.

Lay down, take deep breaths. Inhale through your nose and exhale through your mouth. Feel your belly slowly inflate and deflate. Try to focus your thoughts only on breathing. While breathing, start touching your body and feeling all your parts as far as your hands can reach. You can also hug. To stimulate your hearing, you can snap your fingers or make other noises with your mouth or hands. You can also stimulate your sense of smell by smelling something close to you or your clothes, while taste can be stimulated at the end of the exercise even just by drinking a little water. Once relaxed, stand up slowly, raising your head last. If possible, practice this exercise outdoors in a quiet place.

- **Meditation:** Another mindfulness technique can be meditation, like the yoga ones. You can sit down or lay down and start to breathe deeply. Once you are relaxed you can listen to some meditations, easily available on the web. Follow their voices and the suggestions they give to you. Here you are some links:

<https://www.youtube.com/watch?v=xv-ejEOogaA>

[https://www.youtube.com/watch?v=TPC\\_36ZH0jo](https://www.youtube.com/watch?v=TPC_36ZH0jo)

<https://www.youtube.com/watch?v=Yt-bg-b-4yI>

- *Meditation while walking:* Locate a peaceful area that is 10 to 20 feet long, then start to move slowly. Pay attention to the sensation of walking, the small motions that maintain your balance, and the feelings of standing. Turn and keep walking while staying conscious of your surroundings when you reach the end of your path.

While doing these exercises you can think that you can control nothing around you, but you have the power to manage everything.

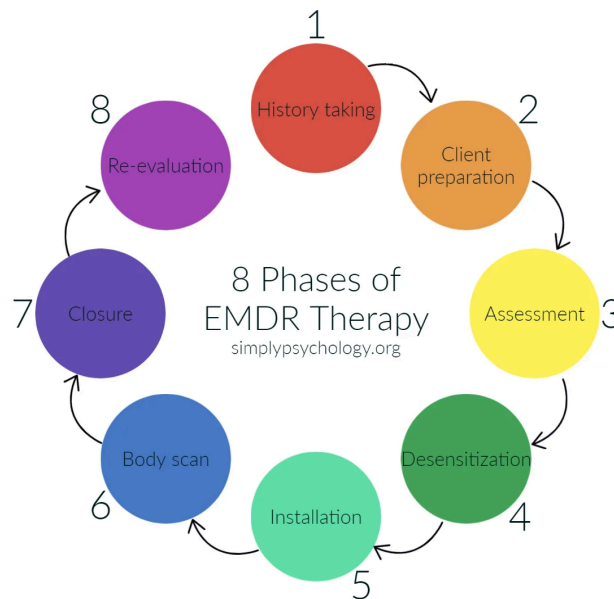
## Stress reduction techniques

Here you can find some exercise to manage stress level. Stress is characterized as a condition of anxiety or tension in the mind brought on by a challenging circumstance. Stress is a normal human reaction that motivates us to deal with obstacles and dangers in our lives. However, long-term or chronic stress can emphasize the risk of hypertension, heart attack, or stroke. One hypothesis linking stress to heart attack is that both chronic and recurrent acute stress might increase inflammation in the circulatory system, especially in the coronary arteries. Hence, it is important to learn how to manage it and reduce it. Here we can provide you some suggestions:

- **5 second rule:** Lay down. Inhale through your nose and exhale through your mouth. Just focus on your breathing. Now inhale for 5 seconds, hold the breath for another 5 and exhale for another 5 seconds and wait another 5 seconds before exhaling again. Repeat this exercise 5 times. Controlling your breathing should have calmed you down. Alternatively, if you have less time available, imagine a rectangle. inhale imagining

drawing its short side and exhale imagining drawing its long side. You can imagine its side of different colours. Continue until you calm down.

- **EMDR Technique:** EMDR is a therapy used to heal people affected by PTSD. It is a psychological therapy focused on the stimulation of both hemispheres of the brain. Even if it has to be conducted by a professional, a simple exercise coming from this kind of therapy can be done autonomously.



### EMDR Technique

Close your eyes and imagine a happy and relaxed place you have lived. Do not choose places too emotional, able to remind you of people or places you miss or you lost. Once found out, imagine being there with all your senses. Once "you are there" start to breathe deeply and focus on your breath and on that situation. Once you are relaxed, start to tip your legs with your fingers. First your right hand with your right leg and then your left hand with your left leg. Do not do it too fast, neither too slow. You can also do it crossing your arms on your chest and tipping your shoulders with your opposite hand.

- **Do physical activity:** It has been demonstrated by the WHO (World Health Organization) that 300 minutes per week of physical activity can improve our physical and mental health. Physical activity reduces stress because it leaves endorphins which tackle over stress moments. Physical activities particularly useful to fight stress are walking, yoga, pilates, dancing or boxing.

## 8.2 Establishing Social Support Networks: Cultural Considerations

For migrants and marginalized communities, social support networks are essential. They provide comfort, direction, and a sense of community during migration and adjustment. We will explore practical ideas and research on strengthening these networks to promote resilience and well-being.

Studies consistently highlight the importance of social support for mental and physical health, especially for vulnerable groups like immigrants and those stigmatized due to race, gender, sexual orientation, or disability. However, many obstacles hinder the creation and maintenance of social networks for migrants. These challenges include language barriers, time constraints, lack of social skills, hostile societies, cultural clashes, and economic inequality.

According to the study "Cultural Integration of Immigrants in Europe" by Y. Algan et al., migrants may struggle to bridge cultural gaps. Cultural differences can hinder integration in several ways. First, migrants may find it hard to get jobs and integrate socially without adopting the majority language and culture. Second, social marginalization and lack of opportunities can create oppositional cultures, leading to ghettoization and radicalization.

Additionally, balancing ethnic identity with assimilation can make migrants feel alienated. Family socialization methods can reinforce cultural disparities, complicating intergenerational integration. Addressing these obstacles requires creating inclusive environments, promoting cultural awareness, and supporting language learning. A multimodal approach that combines individual empowerment with structural reform of the host community is essential.

Assessing current social ties and actively cultivating supportive relationships are crucial tactics. This includes giving and receiving support, and evaluating interactions with friends, family, coworkers, and neighbours. Community engagement is also important. Migrants can build lasting relationships, develop a sense of community, and access more support by joining local organizations, cultural groups, and events. Formal support

networks like social service organizations, therapists, and settlement counselors are vital for immigrants facing challenges.

Using these resources helps address housing, work, education, and health issues. Skill development initiatives, such as communication and confidence-building, enhance migrants' ability to establish connections. Volunteering and contributing to the host community also build social ties and foster cultural understanding.

Setting attainable goals for social engagement is essential amid conflicting demands. By prioritizing connections and scheduling social events, migrants can build a strong support system to navigate difficult times. Policy interventions and institutional support are also crucial.

Equitable policies are necessary to address systemic barriers and promote social inclusion. Services and programs must be tailored to the diverse language and cultural needs of marginalized groups and migrants. Community sponsorship programs can also encourage support and involvement, fostering integration and meaningful ties.

By implementing a comprehensive strategy that combines individual empowerment with structural reform, we can enhance social support networks for immigrants and vulnerable communities. Through collaboration, community involvement, and targeted interventions, we can create inclusive environments where everyone can thrive.

### 8.3 Building Resilience in a New Environment

Building resilience is important for migrants, as it can help them adapt and cope with the challenges of moving to a new environment. Resilience can be built through a variety of strategies, including social support, self-care, and engagement in meaningful activities.

Social support is a very important factor in building resilience for migrants. Having a supportive social network can help migrants feel connected and less isolated in their new environment. There are different types of social support, including emotional

support, instrumental support, and informational support. (Guilbert, P., Leese, D., Orr, C., Burgess, A., & Kizilhan, A. 2019).

- Emotional support, this involves providing love, affection, and reassurance to migrants. This type of support can help migrants feel cared for and valued in their new environment. Emotional support can be provided by family, friends, or even support groups.
- Instrumental support involves providing practical help and assistance to migrants. This can include things like helping with chores, running errands, or even providing financial assistance.
- Informational support involves providing information and resources to migrants to help them adapt to their new environment.

Self-care is important for everyone, but it can be especially beneficial for migrants as they adjust to their new environment. Self-care can involve things like getting enough sleep, eating a healthy diet, and engaging in relaxing activities. It's also important for migrants to maintain a sense of cultural identity and connection to their home country. This can be done through things like celebrating traditional holidays, cooking traditional foods, and maintaining contact with family and friends back home. (Pillay, A., & Mugadza, C. (2018).

Meaningful activities and community engagements can help migrants feel connected to their new community and find a sense of belonging. Examples of meaningful activities include volunteering, participating in community events, joining social groups, and learning new skills. It can also involve cultural practices that are important to the migrant, such as religious activities or traditional art forms. ( Newbold, J. D., & Lewis, N. C. 2021).

Newbold, J. D., & Lewis, N. C. 2021, highlighted the importance of engaging in meaningful activities in order to promote adaptation and resilience among immigrants. Activities that provide a sense of belonging, meaningful purpose, and social support are especially beneficial. However, there are a variety of barriers that may prevent immigrants from engaging in meaningful activities, such as language barriers, cultural differences, and lack of transportation. These barriers may be especially challenging for



immigrants with low socioeconomic status, as they may have fewer resources and less access to support systems. Nevertheless, it is possible to overcome these barriers and help immigrants engage in activities that are meaningful and fulfilling.

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## Module 9: Resources for Immigrants

**Learning Objectives:** *This module aims to equip learners to understand the resources available to immigrants, learn how to access these resources, become familiar with the different types of resources available, and learn how to advocate for the resources that are needed.*



### Learning Outcomes

Following the completion of Module 9, learners will be able to:

Learning Outcomes	<ul style="list-style-type: none"><li>▪ <i>Develop the knowledge and skills necessary to access resources.</i></li><li>▪ <i>Develop confidence in advocating for oneself and others.</i></li><li>▪ <i>Identify and utilize resources to meet individual needs.</i></li></ul>
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### Sub Units in this Module

Unit 9.1	Access to Mental Health Services in Germany, Italy, and Turkey
Unit 9.2	Community Support Organizations: Country-specific Networks
Unit 9.3	Online and Offline Resources Tailored for Each Country

## 9.1 Access to Mental Health Services in Germany, Italy, and Turkey

This part focuses on the crucial aspect of "Access to Mental Health Services" in the diverse contexts of Germany, Italy, and Turkey. Examining the accessibility of mental health services in these countries provides valuable insights into the unique challenges and opportunities present in each setting. From the well-established mental health infrastructure in Germany to the evolving systems in Italy and Turkey, this chapter delves into the factors influencing access, the role of cultural nuances, and potential strategies to enhance mental health service accessibility in these distinct European nations.

### Germany

Accessing mental health services in Germany presents a multi-faceted challenge, particularly for immigrants navigating a system influenced by language, culture, and healthcare structures. According to the German Association for Psychiatry, Psychotherapy, and Psychosomatics (DGPPN), nearly 28% of the adult population, or approximately 17.8 million individuals, are affected by mental health conditions. However, only 18.9% of these individuals actively seek support from mental health service providers (Mugambwa et al., 2023).

Germany boasts a high capacity for mental healthcare, with 274 mental health hospitals, 401 psychiatric units in general hospitals, and 63 mental health outpatient facilities as reported by the World Health Organization in 2020 ((Mugambwa et al., 2023). Despite this extensive infrastructure, barriers such as language, cultural differences, and the complexities of the healthcare system can impede access for immigrants. Addressing these barriers requires a nuanced understanding of the challenges and tailored solutions to improve accessibility and support for all residents.

The following points outline the comprehensive process, incorporating real examples and references, for immigrants accessing mental health services in Germany.

SN	Key points	Description	Example
1	Recognition of Need	Immigrants recognize mental health needs	The study by Lindert et al. (2021) on cultural stigma hindering self-recognition.
2	General Practitioner (GP) Visit	Immigrants consult GPs as initial entry points	A report by Bramesfeld et al. (2019) highlights the role of GPs as crucial entry points into the mental healthcare system for immigrants.
3	Referral to Mental Health Specialists	GPs may refer individuals to mental health specialists based on their assessment	The German Red Cross provides specialised mental health services for immigrants, emphasising culturally sensitive care
4	Language and Cultural Considerations	Addressing language barriers is crucial.	'XENION Psychosoziale Hilfen für politisch Verfolgte e.V.' offers multilingual and culturally sensitive mental health support.
5	Counselling and Psychotherapy	Mental health services in Germany offer counselling and psychotherapy	The 'Malteser Migranten Medizin' program provides psychological counselling services for migrants.
6	Community and Migrant-Specific Support	Immigrants may find support through community organisations	'Multikulturelles Forum e.V.' in Frankfurt offers mental health resources tailored to diverse communities.
7	Insurance Coverage	Understanding insurance coverage is essential	The Federal Ministry of Health provides information on health insurance, including mental health coverage for immigrants.
8	Integration Programs	Mental health services are integrated into immigrant integration programs.	'Diakonie Deutschland' supports mental health initiatives within broader integration.
9	Awareness and Education	Increasing awareness is vital	'Deutsche Gesellschaft für Transkulturelle Psychiatrie, Psychotherapie und Psychosomatik e.V. ' conducts educational programs addressing mental health stigma within immigrant communities.
10	Follow-up and Long-Term Care	Regular follow-ups and long-term care plans are integral	'Caritasverband für die Diözese Hildesheim e.V.' emphasizes continuity in mental health care for immigrants.

## Italy

In Italy, psychological therapies are not fully involved in the national healthcare system. However, for mental health disorders, the national healthcare encompasses the following services, as tested by the Ministry of Health of the country in its web portals:

- **The Department of Mental Health (DSM)** is the set of facilities and services responsible for taking charge of the demand related to the treatment, care and protection of mental health within the territory defined by the Local Health Authority (ASL). The DSM is equipped with the following services: day care services: the Mental Health Centers (MHCs), semiresidential services: the Day Care Centers (CD), residential services: residential facilities (RDs) divided into therapeutic-rehabilitation and socio-rehabilitation residences; hospital services: the Psychiatric Diagnostic and Treatment Services (SPDC) and Day Hospitals (DH). Care provision is complemented by University Clinics and private nursing homes.
- **The Mental Health Center (MHC)** is the first referral center for citizens with mental distress. It coordinates in the local area all interventions for prevention, treatment, and rehabilitation of citizens with psychiatric disorders. A multiprofessional team consisting of at least a psychiatrist, a psychologist, a social worker and a professional nurse reports to the Center. The MHC ensures the following interventions: Psychiatric treatment and psychotherapy, social interventions, placement of patients in Day Care Centers Day hospital residential facilities, hospitalizations diagnostic activities with psychiatric examinations, psychological interviews for the definition of appropriate therapeutic-rehabilitative and socio-rehabilitative programs from the perspective of the integrated approach, with outpatient, home, network and residential interventions in the strategy of therapeutic continuity liaison activities with general practitioners, to provide psychiatric counseling and to conduct, in collaboration, therapeutic projects and training activities. Specialized counseling for "border" services (alcoholism, drug addiction, etc.), as well as residential facilities for the elderly and the disabled filtering activities for

admissions and monitoring of hospitalisation in accredited private neuropsychiatric nursing homes, in order to ensure therapeutic continuity evaluation for the purpose of continuous quality improvement of practices and procedures, are adopted. Understandings and program agreements with municipalities for, among other things, work placements of psychiatric users, hetero-family foster care and home care collaboration with voluntary associations, schools, social cooperatives and all agencies in the territorial network. In some MHC there is also a telephone line dedicated to family physicians for counseling, during opening hours. It is expected that the MHC will be active, for outpatient and/or home interventions, at least 12 hours a day, 6 days a week.

- **Day Care Center:** The Day Care Center (CD) is a semi-residential facility with therapeutic-rehabilitative functions, located in the territory. It is expected to be open at least 8 hours a day, 6 days a week. It has its own team, possibly supplemented by workers from social cooperatives and voluntary organizations. It has suitable premises adequately equipped. As part of personalized therapeutic-rehabilitative projects, it allows for the implementation of therapeutic pathways and the testing and learning of skills in self-care, activities of daily living and individual and group interpersonal relationships, including for the purpose of job placement. The CD can be operated by the DSM or by private social and business entities. In compliance with national standards for accreditation, relations with the DSM are regulated by special agreements, which guarantee continuity of care.
- **Residential Facilities:** A residential facility (RD) is defined as an out-of-hospital facility in which a part of the therapeutic-rehabilitative and socio-rehabilitative program is carried out for citizens with psychiatric distress sent by the CSM with a personalized and periodically verified program. These facilities are intended to provide a network of relationships and emancipatory opportunities, within specific rehabilitative activities. Residential facilities are differentiated according to the intensity of care (24-hour, 12-hour, hourly bands) and have no more than 20 places. They are located in urbanized and easily accessible locations to

prevent any form of isolation of the people housed there and to promote social exchange. RDs can be set up and managed by the DSM or by private social and business entities. In this case, the relationship with the DSM is regulated by special agreements where activity ceilings and admission and discharge control procedures are defined.

- **Psychiatric Diagnosis and Treatment Services:** Psychiatric Diagnosis and Treatment Service (SPDC) is a hospital service where voluntary and compulsory psychiatric treatment is implemented under inpatient conditions. It also performs consulting activities to other hospital services. It is located within hospital facilities (hospital corporations, hospital wards of health agencies, university polyclinics). It is an integral part of the Department of Mental Health, even when the hospital in which it is located is not administered by the same Health Authority. In such a case, the relationship between the two Health Authorities is regulated by mandatory agreements, according to the directions of the Region. The total number of beds tends to be identified as one for every 10,000 inhabitants. Each SPDC contains no more than 16 beds and is equipped with adequate space for common activities.
- **Psychiatric Day Hospital:** Psychiatric Day Hospital (DH) constitutes an area of semi-residential care for short- and medium-term diagnostic and therapeutic rehabilitative services. It can be located within the hospital, with a functional and management link with the Psychiatric Diagnosis and Treatment Service. It can also be placed at facilities outside the hospital, connected with the CSM, with adequate space, equipment and necessary staff. It is expected to be open at least 8 hours a day, 6 days a week. It has the function of: allowing various and complex diagnostic investigations, carry out pharmacological treatments, reduce the use of actual hospitalization or limit its duration. The user accesses it on the basis of programs agreed upon between DSM operators.



All these services are covered by the national healthcare assurance, so they are guaranteed by the State also for migrants. Take into consideration that health in Italy is a regional responsibility. Services and their availability can change depending on the region migrants live.

## Turkey

According to the results of the Turkey Mental Health Profile Survey, 18% of the Turkish society has experienced a mental problem at least once in their lives. According to the same research, the rate of children and adolescents encountering a mental problem is reported as 11 percent.(Yilmaz 2012). In Turkey, mental health services are mainly provided by the public. Mental health services are largely provided in the form of institution-based inpatient treatment services.

According to comparisons by the World Health Organization, in 2011, Turkey was the country with the least number of mental health and disease specialists in the European region compared to its population ("World Health Organization", 2011).

Regarding this, the National Mental Health Action Plan (2011-2023) was created and announced to the public in 2011(T.C. Ministry of Health, 2011).

Mental health services in Turkey are organised in the form of large Mental Health and Diseases Hospitals serving the regions. However, this situation later changed with the circular published in 2006, when it was decided to open psychiatric services in general state hospitals.

Then, it was decided to transition from an institution-based approach to a community-based mental health approach. In this context, housing, employment and income support is provided to individuals experiencing mental problems below.

### Shelter

Since the second half of the 2000s, "home care salary" at the level of the monthly minimum wage has begun to be paid to family members who take care of individuals due to mental problems. A person with a mental illness has the freedom to choose

where and by whom they will be cared for. Along with maintenance salary, it is also important in this area that the public provides educational support to the person responsible for care, regular home visits by the social worker and similar support services. In addition, the state has started to make payments at the level of two minimum wages per month on behalf of disabled individuals (mentally ill) who want to stay in private nursing homes. Both types of care support are provided only to individuals with mental illness who have been determined by the health board to be in need of care and who live below a certain income. In addition to these nursing homes, there are living centre homes affiliated with the Ministry of Family and Social Policy. Additionally, there are "supported homes" within this framework. Supported houses are no different from ordinary houses. People staying in supported homes live in their own homes and public institution employees. They provide regular support services to people living in homes.

### **Employability**

As stated in the National Action Plan, the majority of individuals with severe mental problems do not have special needs regarding intelligence or skill acquisition. It is possible for these individuals to work when appropriate therapy and rehabilitation services and appropriate job opportunities are provided. Individuals with mental problems can benefit from the positive discrimination practice provided for disabled individuals in the field of employment, if they meet the necessary conditions. Individuals who want to benefit from positive discrimination in employment register with the Turkish Employment Agency (İŞKUR). İŞKUR is responsible for directing these individuals to job postings. Employment is provided in two ways; The first is to ensure that individuals with mental problems are placed in a job under market conditions through job coaches, and the second is to ensure that these individuals are employed in protected workplaces (Ministry of Health, 2011: 36).

### **Income Support**

In our country, an income support program known as "2022 salary" or "disabled pension" is applied by the Social Security Institution to individuals whose monthly income is below one-third of the minimum wage and who have a disability/mental illness of more than 40 percent.

## 9.2 Community Support Organization: Country-specific Networks

Community Support Organizations serve as pivotal entities in enhancing the social fabric and development of communities. Crucially, these organisations play a vital role in addressing the mental well-being of immigrants. By creating inclusive environments and support networks tailored to the challenges faced by newcomers, they foster a profound sense of belonging and connection. Through culturally sensitive initiatives, counselling services, and community events, Community Support Organizations actively contribute to mitigating mental health disparities experienced by immigrants. By championing a supportive atmosphere, these organisations become advocates for the mental well-being of immigrants, recognizing the significance of emotional resilience in the integration process and overall community development.



### Community Support Organization in Germany

Community Support Organizations in Germany serve as vital conduits for fostering social cohesion and addressing local needs. Grounded in a combination of government initiatives and grassroots efforts, these organisations play a key role in promoting collaboration and well-being within the specific socio-cultural context of Germany.



Germany boasts a multitude of community support organisations, and the list provided here offers just a glimpse of the available resources. Many of these organisations extend their services across various locations in the country. To identify the most suitable support for your needs, it is recommended to visit their respective websites, where you can explore detailed information and locate the specific branches or services that align with your requirements and geographic preferences.

## Community Support Organizations in Germany

### Caritasverband für die Diözese Hildesheim e.V.

 Karlstr. 40, Freiburg im Breisgau,  
Germany  
 [web@caritas.de](mailto:web@caritas.de)



### INTERNATIONAL ORGANIZATION FOR MIGRATION

 IOM Berlin, Charlottenstraße 68,  
10117 Berlin  
 [iom-germany@iom.int](mailto:iom-germany@iom.int)


### Diakonie Deutschland

 Caroline-Michaelis-Strasse  
110115 Berlin  
 [diakonie@diakonie.de](mailto:diakonie@diakonie.de)



### Malteser Hilfsdienst

 Erna-Scheffler-Straße 2 51103  
Cologne, Germany  
 [online-redaktion@malteser.org](mailto:online-redaktion@malteser.org)

### Multikulturelles Forum e.V.

 Piccoloministraße 528, 51067  
Cologne



### XENION Psychosoziale Hilfen für politisch Verfolgte e.V.

 Paulsenstraße, 12163 Berlin  
 [info@xenion.org](mailto:info@xenion.org)

### Ipsos care

 Schillerstraße 26, Erfurt,  
Germany, 99096  
 [s.schubert@ipsocontext.org](mailto:s.schubert@ipsocontext.org)



### Deutsche Gesellschaft für Transkulturelle Psychiatrie, Psychotherapie und Psychosomatik e.V.

 Johannisstra. 70 41749 Viersen  
 [sekretariat@dtppp.com](mailto:sekretariat@dtppp.com)

### Arbeiterwohlfahrt (AWO)

 [kommunikation@awo.org](mailto:kommunikation@awo.org)  
Website : [awo.org](http://awo.org)

### Bundesweiter Flüchtlingsrat e.V. (BFR)

 Bundesweiter Flüchtlingsrat e.V.,  
Marienstraße 52, 10117 Berlin, Germany  
 [kontakt@bundesweiter-fluechtlingsrat.de](mailto:kontakt@bundesweiter-fluechtlingsrat.de)  
Website: [bundesweiter-fluechtlingsrat.de](http://bundesweiter-fluechtlingsrat.de)

## Community Support Organization in Italy

According to the data center OPENPOLIS, according to the current legislation, refugees and migrants can count on the following reception and support networks on spot:

- **Rescue, first aid and identification:** Foreign nationals rescued at sea are taken to centers located near the disembarkation areas for first aid, photo identification and pre-identification. These types of centers are covered by the hotspot approach, which was created in 2015 because of commitments made by the Italian government to the European Commission. In the centers, there is also the first exchange of information on asylum procedures: this is where asylum seekers are differentiated from so-called economic migrants, who will be sent to Detention Centers for Repatriation (CPR) or left on the territory in an irregular condition of stay (Legislative Decree 286/1998, Art. 10-ter).
- **Government centers:** Those who express a desire to seek asylum in Italy are transferred to government centers where the procedure for examining the asylum request is initiated (Legislative Decree 142/2015, Articles 9 and 10). In these centers the health conditions of the guests must also be ascertained, with the aim of verifying possible situations of vulnerability. Thus, asylum seekers are accommodated in these facilities, albeit with minimal services. Decree 20/2023 in fact eliminated psychological assistance services, Italian language courses and legal and territorial orientation services from government centers. In addition to material reception, therefore, only health care, social assistance and linguistic-cultural mediation remain active.
- **Extraordinary reception centers (Cas):** If the available places in government centers are exhausted, prefectures may provide for the establishment of Extraordinary Reception Centers (Cas) and entrust them to private entities through the procedures for the award of public contracts (Legislative Decree 142/2015, Article 11). Within these facilities, as in government centers, asylum seekers are received with reduced services both compared to what was previously provided and, even more so, compared to Sai.

- **Temporary reception facilities:** These facilities are activated in the same way as the Cas and differ from these and other government centers only with respect to the services provided which, in these cases, are further reduced. In fact, if, in addition to material reception, health care, social assistance and linguistic-cultural mediation are provided in the former, in these new facilities social assistance is excluded.
- **The Reception and Integration System (Sai):** As anticipated, with the new rules the Reception and Integration System (formerly Siproimi and before that Sprar) returns to being a system dedicated exclusively to protection holders, or almost. In fact, only certain categories of asylum seekers will still be allowed to access Sai. These include unaccompanied foreign minors (Msna), people in special conditions of vulnerability or those who have entered Italy through "humanitarian corridors" or similar systems. Finally, due to specific regulations, Ukrainian and Afghan applicants are also allowed access to Sai. Given the existence of these exceptions the two-tier structure already provided for Sai has been maintained. The first tier is reserved for asylum seekers, and is based on material, legal, health and language assistance. The second level services are reserved for protection holders and also have integration and employment guidance functions. Unlike government centers, which are managed exclusively by the Ministry of the Interior, Sai is coordinated by the Central Service, whose management is assigned to the National Association of Italian Municipalities (Anci) with the operational support of the Cittalia Foundation. Ownership of the projects is assigned to local authorities that, on a voluntary basis, activate and implement reception and integration projects (Legislative Decree 142/2015, Article 9 and Decree 416/1989, Article 1 sexies).
- **Support for integration pathways:** At the end of the period in the Sai, local governments may initiate other initiatives with the aim of fostering the individual autonomy of citizens who are already beneficiaries of the Sai, with particular regard to increased language training, job orientation and essential public services, and knowledge of the fundamental rights and duties enshrined in the Italian Constitution.

Moreover, the biggest NGOs that can provide services and networks for migrants in Italy, also under the mental health support point of view, are:

- **Caritas:** Caritas is a Christian organization working all over the Italian country to support poor and marginalized people, among them migrants and refugees. They offer different kinds of services for free, including health aid and cultural mediation. Caritas is involved in the management of The Protection System for Asylum Seekers and Refugees (SPRAR) which consists of the network of local authorities that access the National Fund for Asylum Policies and Services for the implementation of integrated reception projects, within the limits of available resources. At the territorial level, local authorities, with the valuable support of the third sector realities, guarantee "integrated reception" interventions that go beyond the mere distribution of food and lodging, providing in a complementary way also measures of information, accompaniment, assistance and orientation, through the construction of individual paths of socio-economic integration. In recent years, many diocesan Caritas have also realized that intercultural education is a winning strategy because it can stimulate the commitment of everyone, Italians and migrants, to get to know each other and work fruitfully together. This perspective makes one more mature because it educates to diversity, to recognize and manage the differences that are in others and within each of us and in the social context. For this reason, intercultural projects have been promoted in different areas in schools, in oratories, with families. Caritas also offers support for the physical and mental health of migrants in Italy, The health services implemented at the diocesan level, generally integrated with public health services, play a role in integrating the health supply by intercepting the most hidden demand and optimizing care pathways. They also aim to detect and know the health needs of the territory and to identify the most appropriate responses, sensitizing the community and in particular the health world to greater availability and solidarity with the most vulnerable including the foreign population.

- **Croce Rossa:** The Italian Red Cross ensures that migrant people receive humanitarian assistance in a safe, welcoming and neutral place, regardless of legal status, promote their access to essential services and respect for their dignity and rights, and promote individual resilience. The Safe Points of the Italian Red Cross Committees constitute "safe places," where all people in a vulnerable condition-with no unequal treatment-can find operators ready to respond to different needs. Red Cross provides information useful for accessing social, administrative and legal services in the area, accompany users, inform them about their rights, promote the person's social and labor inclusion, and offer services peculiar to the Red Cross mandate, such as Restoring Family Links (RFL). They promote the inclusion of migrant people in Italy through information and counseling activities of a legal-legal nature, with particular reference to the protection of fundamental rights and freedoms, and the regulations for the protection of refugees and asylum seekers. They support them in the accompaniment towards the housing and economic autonomy of migrant people. An important value is given to school education. And it is within this perimeter that their activities in the territory aimed at the job placement and vocational training of migrant people are structured. Lastly, they guarantee health surveillance for the period of carrying out the quarantine of migrant persons, both at arrivals on Italian coasts and in reception centers.

## Community Support Organization in Turkey

Turkey works to meet diverse demands while dealing with a number of societal issues. To address these requirements and provide a more equitable, encouraging, and healthy environment for society as a whole, several social support groups are in operation. These organisations assist underprivileged people, offer health and education services, step in during emergencies, and advocate for social justice, among other things.

In Turkey, social support groups are crucial for assisting different societal groups and advancing social cohesion. These organisations address social issues with empathy and



provide workable answers, which advances both the welfare of society and the growth of Turkey.

There are some famous social support organisations below, but these organisations do not include all organisations in Turkey.

### **KIZILAY**

Initially established as the "Ottoman Wounded and Sick Soldiers Aid Society" on June 11, 1868, the Red Crescent has since taken on significant responsibilities to maintain social cohesion, advance social welfare, and offer food, shelter, and medical assistance to the underprivileged and destitute. has carried out operations in the areas of foreign assistance, social services, health, first aid, education, youth, and mineral water businesses, as well as migration and refugee services.

### **Mehmetçik Foundation**

The Turkish Armed Forces Mehmetçik Foundation was founded on May 17, 1982, with the goal of supporting veterans and disabled soldiers who sacrificed their lives for the security of Turkey, as well as the dependents of those who were martyred or lost their lives for any reason.

### **Darülaceze**

Sultan II. Darülaceze was established in 1895 by Abdulhamit Han and has since served as a Home of Compassion for 72,000 individuals, including 30,000 children. With its mosques, churches, and synagogues open to all people regardless of religion, language, colour, gender, or sect, Darülaceze is a unique humanitarian organisation in the world. It can now house approximately 600 people without sacrificing its fundamental concept. It offers services under the following two categories: care services and health services.

### **Needs Map**

Needs Map, established on October 7, 2015, is an online platform where people and institutions that want to meet the needs of different subjects meet with those in need. Needs Map is a non-profit social cooperative. In addition to meeting needs, this

platform, which can be used by institutions and individuals who support different issues, can be used from all over Turkey.

There are also other organisations underlined below, for further information, you can visit their website;

- Cansuyu Yardımlaşma ve Dayanışma Derneği  
<http://www.ihh.org.tr/>
- Hayata Destek İnsani Yardım Derneği  
<http://www.hayatadestek.org/>
- İnsan Hak ve Hürriyetleri ve İnsani Yardım Vakfı – IHH  
<http://www.ihh.org.tr/>
- Afet ve Acil Durum Yönetim Başkanlığı  
<http://www.afad.gov.tr/>

### 9.3 Online and Offline Resources Tailored for Each Country

Access to online and offline mental health resources is crucial for immigrants facing mental health challenges in their host countries. These resources provide a lifeline of support, offering culturally sensitive care, language accessibility, and a sense of community to individuals struggling with emotional distress. By accessing these resources, immigrants can receive timely intervention, develop coping skills, and build resilience, ultimately easing their mental suffering and promoting their overall well-being in their new environments. Additionally, these resources help break down barriers to mental health care, reduce stigma surrounding mental illness, and empower immigrants to seek help and support without fear or shame.

## Germany: Online and Offline Resources

### Online Resources for Immigrants Suffering from Mental Health in Germany

Navigating the complexities of immigration to Germany can be an immensely challenging experience, often compounded by the strain on mental well-being that accompanies such transitions. For immigrants grappling with mental health issues in a new and unfamiliar environment, accessing appropriate support can seem like an overwhelming task. However, amidst these challenges, a myriad of online resources exists to provide tailored assistance and guidance. From therapy directories to multilingual counseling services and digital support communities, these resources offer invaluable aid to immigrants seeking to address their mental health concerns. Supporting immigrants' mental health in Germany involves a multifaceted approach, and fortunately, there are numerous online resources available to help address this issues: They are :

- Mental Health Websites
- Teletherapy Services
- Multilingual Hotlines and Chat Support
- Mental Health Apps

Teletherapy services are essential for immigrants in Germany, providing accessible mental health support. Platforms like **BetterHelp** offer global e-counseling, connecting users with accredited professionals, while the **International Therapist Directory** lists therapists specializing in expatriate issues. These directories help immigrants find culturally and situationally aware professionals (*Mental Health Services Directory - Expatika Germany, n.d.*).

Multilingual hotlines and chat support are also critical. **Berliner Krisendienst** offers crisis intervention in multiple languages, including English, across Berlin, from 16:00 to midnight. **TelefonSeelsorge** provides free, anonymous mental health support in German and English, including email counseling and a list of international helplines (*Mental Health Services Directory - Expatika Germany, n.d.*).

Mental health apps such as **Headspace** and **7 Cups** provide convenient, accessible support. Headspace offers guided meditation and mindfulness exercises in several

languages, while 7 Cups provides free online therapy and emotional support from trained listeners in multiple languages, helping immigrants overcome language barriers (Walther et al., 2021).

### Online Resources for Immigrants Suffering from Mental Health in Germany

Name	Website	Description
Nummer gegen Kummer e.V.	<a href="http://nummergege.nkummer.de">nummergege.nkummer.de</a>	Nummer gegen Kummer offers a free and confidential helpline for children, teenagers, and parents. They provide counselling and support in multiple languages, including German, English, Arabic, Turkish, and Russian, among others.
Psychotherapy Portal of the German Psychological Society (DGPs)	<a href="http://psychotherapie.suche.de">psychotherapie.suche.de</a>	This portal helps individuals find psychotherapists in their area. Users can search for therapists based on their language skills, therapeutic orientation, and specialisation, making it easier for immigrants to find a therapist who meets their needs.
Refugee Mental Health Network Germany (RMHN)	<a href="http://refugeement.alhealthnetwork.org">refugeement.alhealthnetwork.org</a>	RMHN provides information, resources, and support for refugees and asylum seekers struggling with mental health issues in Germany. Their website offers multilingual materials and guidance on accessing mental health services.
Therapie.de	<a href="http://therapie.de">therapie.de</a>	Therapie.de is a platform where users can search for therapists, counsellors, and psychiatrists based on their location, specialisation, and language skills. It provides a comprehensive directory of mental health professionals across Germany.
Mental Health in Deutschland	<a href="http://mentalhealth.de">mentalhealth.de</a>	Mental Health in Deutschland offers information and resources on mental health conditions, treatment options, and support services available in Germany. The website includes articles, self-help tools, and links to relevant organisations.
Integration Through Education and Training (InteGREAT)	<a href="http://integrationskurse.net">integrationskurse.net</a>	InteGREAT provides information and support for immigrants participating in integration courses in Germany. They offer resources on mental health awareness, stress management, and coping strategies for newcomers.

## Offline Resources for Immigrants Suffering from Mental Health in Germany

- **Psychotherapy Practices:** Immigrants in Germany can seek support from licensed psychotherapists and psychologists who offer counseling and therapy services. These professionals can provide individual or group therapy sessions to address mental health concerns.
- **Community Health Centers:** Immigrants can visit community health centers (Gesundheitsamt) or local health clinics (Gesundheitszentrum) in their area. These centers may offer mental health services, including counseling, support groups, and referrals to specialized mental health professionals. (for detail see 9.2)
- **Social Services Offices (Sozialamt):** Immigrants facing mental health challenges may contact their local social services offices for assistance. Social workers at these offices can provide information about available support services, financial assistance, and housing options.
- **Migration Counseling Centers:** There are various migration counseling centers (Migrationsberatungsstellen) across Germany that provide support to immigrants on various issues, including mental health. These centers offer counseling, information, and assistance with navigating the healthcare system.
- **Support Groups:** Immigrants may benefit from joining support groups specifically tailored to their cultural or linguistic background. These groups provide a safe space for individuals to share their experiences, receive peer support, and access resources for managing mental health issues.
- **Religious and Community Organizations:** Religious institutions and community organizations often offer support services and counseling to their members, including immigrants. These organizations may provide spiritual guidance, counseling sessions, and community events aimed at promoting mental well-being.

- **Integration Courses:** Immigrants participating in integration courses (Integrationskurse) provided by the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge, BAMF) may have access to information and resources on mental health as part of the curriculum. These courses cover various aspects of life in Germany, including healthcare and social services.

## Italy: Online and Offline Resources

### Online Resources for Immigrants Suffering from Mental Health in Italy:

- **UN Refugee Agency – Italy:** The UNHCR provide online pieces of advice and guidelines to support migrants and foreigners in addressing problems (including mental health ones) they may occur during their stay, explaining them where to go and how to do to solve main problems. They have also a part dedicated specifically to mental health:

<https://www.unhcr.org/it/cosa-facciamo/protezione/>

- **Ministry of internal affairs:** The Ministry has a web portal where to find guides and information also for medical and psychological help, explained to migrants: <https://integrazionemigranti.gov.it/it-it/Ricerca-guide>
- **Cestim – centro studi immigrazione:** Cestim is a research center for migrants offering maps of services and guidelines useful for migrants including places or platforms where to be supported in case of mental illness and in case of racism or discrimination acts. <https://www.cestim.it/index10servizi.php>
- **Red cross psychological help:** The free psychological support of the Italian Red Cross offers support and listening to anyone who is facing a moment of difficulty or discomfort related to the psychological, emotional and relational sphere with the aim of helping people improve their quality of life. The service is completely free and accessible to everyone (+18 years old). To start the path of psychological

support, simply call the public utility number 1520. The service operates Monday through Saturday from 8 a.m. to 8 p.m. Find all the necessary information here: <https://cri.it/supporto-psicologico/>

- **Serenis and Uno Bravo:** Serenis and Uno bravo are two online platforms where to find psychological support and therapies through qualified psychologist at lower prices with some services provided for free.

To know more about them, we leave you their website links:

<https://www.serenis.it/psicologo-gratis-online>

[https://www.unobravo.com/landing?aw\\_account=5007245458&aw\\_campaign=17447448685&aw\\_adgroup=&aw\\_creative=&aw\\_dev=c&aw\\_target=&&utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=SEARCH\\_IT\\_IT\\_INTEREST\\_PMAX\\_B2C&gad\\_source=1&gclid=CjwKCAjwh4-wBhB3EiwAeJsppGXGx05bPIUijSiwETeji5yxaUSWcgaV0UMXY-e0-P8hYfIRVZchoCKDsQAvD\\_BwE](https://www.unobravo.com/landing?aw_account=5007245458&aw_campaign=17447448685&aw_adgroup=&aw_creative=&aw_dev=c&aw_target=&&utm_source=google&utm_medium=cpc&utm_campaign=SEARCH_IT_IT_INTEREST_PMAX_B2C&gad_source=1&gclid=CjwKCAjwh4-wBhB3EiwAeJsppGXGx05bPIUijSiwETeji5yxaUSWcgaV0UMXY-e0-P8hYfIRVZchoCKDsQAvD_BwE)

### **Offline Resources for Immigrants Suffering from Mental Health in Italy:**

Besides the services offered by the National Healthcare System explained in this module, developed throughout the country, we enlist here other centres where to find psychological help in some cities:

- **Territorial teams of the NGO Terre des Hommes (Milan, Genoa, Ragusa):** Terre des Hommes and UNICEF, in partnership, have been implementing a program that aims to ensure the psychosocial well-being and mental health of migrant and refugee adolescents and their caregivers, the so-called caregivers, as well as the communities in which they live. Terre des Hommes' three territorial teams, composed of a psychologist, educator/educator, cultural mediator and social worker, operate in Milan, Genoa and Ragusa, with specific psychosocial support activities aimed at both groups of adolescents and caregivers (volunteer guardians, foster families, parents and adult relatives). In addition, the project also provides training for various operators involved in the support and

integration of these and these adolescents (teachers, volunteers, educators, cultural mediators, social workers and health workers).

- **U.O.S. Mental Health (Rome):** The clinical activities of the Mental Health Unit are primarily aimed at people in psychosocially fragile conditions, whether Italian or immigrant, and international protection seekers: mental health promotion, psychological and psychiatric clinical support, multidisciplinary assessments, research, training and supervision. The approach used is multidisciplinary and transcultural and makes use of various professional figures belonging to different disciplines: psychology, psychiatry, anthropology, social service sciences, linguistic-cultural mediation. The main lines of clinical activities are integrated with the services of the outpatient clinic of the NIHMP and with territorial bodies. The unit provides first-level services (bookable directly by patients or external agencies) and second-level services (access on internal referral from other NIHMP staff/services).
- **Naga medical clinic (Milan):** The health care service offered by Naga is not limited to body care. About 10 volunteer psychologists are engaged in the service, implementing a joint intake with the doctor in case of psychiatric pathology. The service is free.
- **Dun Onluss Association (Rome):** From 2008 the association offer European and non-European migrants free therapeutic interventions aimed at the treatment of psychological and psychiatric distress related to the trauma suffered in the land of origin and in the transition from the place of origin to the host country with the consequent difficulties of integration into new social realities.

### Turkey: Online and Offline Resources

There are some organisations and institutions which serve online as well as offline in Turkey. These organisations work for especially migrants who are suffered from mental problems;



## **Psikologofis**

Website: [www.psikologofisi.com](http://www.psikologofisi.com)

Description: Psikologofis is a platform where you can choose a psychologist online and have direct meetings from anywhere.

## **Harmony Psychological Counseling and Research Center**

Website: <https://www.harmonidanismanlik.net>

Description: Harmony is a centre that provides consultancy services for the psychological needs of immigrants in Turkey. Provides online counselling options and resources for immigrants.

## **Refugee Health Program**

Website: <https://turkiye.iom.int/tr>

Description: Under the SSP program, refugees in Turkey can get medical care. It offers a range of online tools and educational materials in addition to psychological support, counselling, and mental health treatments.

## **Psychology Departments of Universities in Turkey**

Website: <https://yokatlas.yok.gov.tr/lisans-bolum.php?b=10169>

Description: Numerous Turkish universities' psychology departments provide a range of services to address the psychological requirements of both society and students. Events including lectures, workshops, and online resources are frequently planned by these departments.

These resources are the most famous ones in Turkey however, there are more than them in Turkey to provide mental and social support.

## Reading list, further resources, and references

### Some important links

- <https://www.expatica.com/de/healthcare/healthcare-services/mental-health-in-germany-346138/>
- <https://handbookgermany.de/en/local-information>
- <https://www.refugee-trauma.help/en/>
- <https://ipso-care.com/home-14.html>
- <https://germany.iom.int/vulnerable-migrants>
- <https://refugeeum.eu/>
- [Diakonie Deutschland](#)
- [Malteser Hilfsdienst](#)
- [Multikulturelles Forum e.V.](#)
- [XENION Psychosoziale Hilfen für politisch Verfolgte e.V.](#)
- [Ipsocare](#)
- [Refugee Trauma Help](#)
- [INTERNATIONAL ORGANISATION FOR MIGRATION](#)
- [Deutsche Gesellschaft für Transkulturelle Psychiatrie, Psychotherapie und Psychosomatik e.V.](#)
- <https://yokatlas.yok.gov.tr/lisans-bolum.php?b=10169>
- <https://turkiye.iom.int/tr>
- <https://www.harmonidanismanlik.net>
- [www.psikologofisi.com](http://www.psikologofisi.com)

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*Dear readers,*

Thank you for joining us on the journey of "**Healing Path: A Comprehensive Guidebook for Immigrant Mental Health**". This book was created to support immigrants navigating mental health challenges, with an initial focus on those residing in Germany, Turkey, and Italy. However, the information provided in this guidebook transcends these boundaries. Empowerment and mental well-being are at the core of our mission, and while this guidebook was crafted with immigrants in mind, we acknowledge that mental health support is universally important.

Therefore, we invite anyone from anywhere seeking to improve their mental health and resilience to utilize the knowledge and strategies presented in this guide.

We believe in the power of collaboration and continuous learning. If you want to collaborate with Healing Path or organize workshops related to the topics in this guidebook, we welcome your ideas and initiatives. Feel free to use the guidebook for any mental health events. Whether you're an organization, institution, or individual, we're open to exploring opportunities for joint projects, workshops, or events.

Together, we can empower immigrants and enhance their mental health and well-being. To discuss collaboration or training possibilities, please reach out to **[Life Learning Development e.V.]** at **[info@lldev.org]**. We look forward to hearing from you and working together to create a positive impact in the lives of immigrants.

*Visit the project website at [<http://psycho-im.com>] for further resources and updates on Healing Path.*

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