

MENTAL HEALTH & MIGRATION

a pocket guide on your psychological well-being



TRANSCULTURAL STRESS

DUE TO

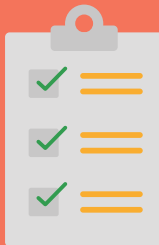
- need to learn a new language
- need to learn new social norms
- clash between values of the culture of origin and those of the culture of arrival
- lost in prestige in the social ladder

DEPRESSION

possible symptoms :

- depressed mood
- loss of interest and enjoyment
- reduced energy
- disturbed sleep and appetite
- guilt or low self-worth
- poor concentration

More info [here](#)



POST TRAUMATIC STRESS DISORDER

- flashbacks of/reexperiencing the trauma
- avoidance of everything related to the trauma
- being easily startled
- difficulty sleeping
- angry out-burst
- bad dreams

More info [here](#)

The risk of suffering from certain mental disorders is 3 times higher among refugees, asylum seekers and migrants.

Don't underestimate your mental health. If you are not feeling well, you can always ask for help, either to hospitals or – if you are an asylum seeker or a refugee – to the team following your case.



More info