

Mental Wellness for Migrants

Presentation by
Group 3



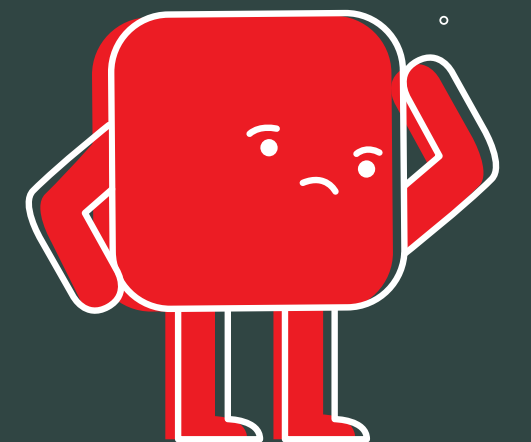
Who is our community partner?

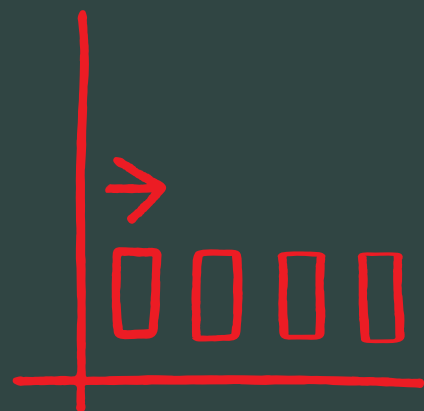


They serve the community by advocating for the immediate issues of migrant workers.

They work with the government, advocate for migrant rights, and work together with various organizations to promote social justice

Based off of this definition, what do you think Migrante has done in the province of Alberta?





Some facts & statistics...

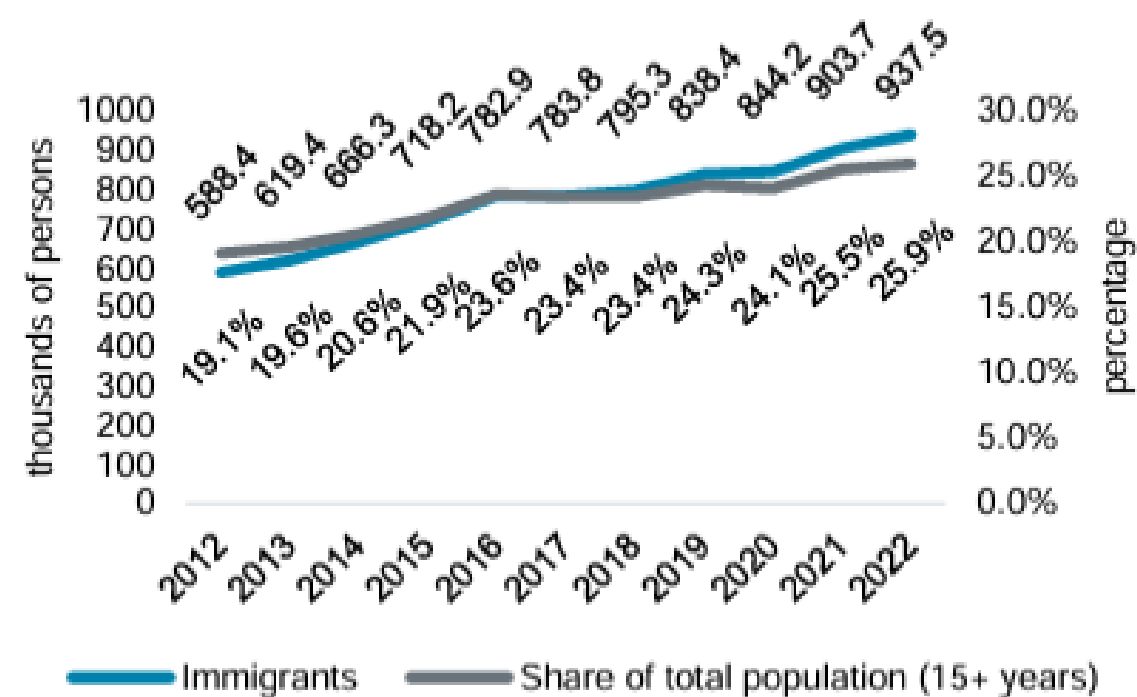
2022 Alberta Labour Force Profiles: Immigrants in the Labour Force

- The immigrant population in Alberta has grown by 59 per cent since 2012
- Immigrants aged ≥ 15 make up ~25.9% of Alberta's population (937,500)
- 70.7% of these 937,500 immigrants participated in Alberta's labour force
- Alberta needs migrant workers to fill positions in the labour force because Albertans born in Canada are becoming less likely to participate in the labour force compared to the past

2022 Alberta Labour Force Profiles: Immigrants in the Labour Force

FIGURE 1. POPULATION OF IMMIGRANTS, ALBERTA, 2012-2022

(thousands of persons; percentage)



Source: Statistics Canada

Alberta

What specific issues is our group addressing?

Mental Health in Migrants

Why do we feel this is important?



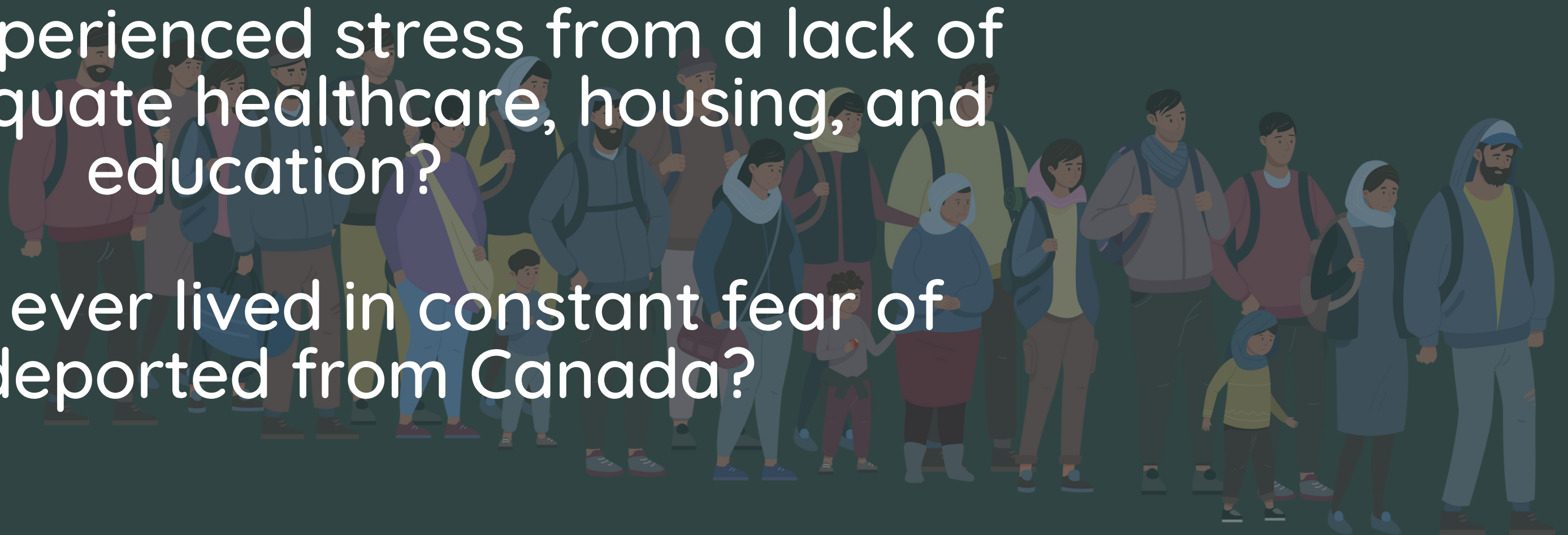
- Alberta ranks as the 4th province with the most migrants in Canada
- When migrants arrive to Canada, they have better mental health. This is known as the healthy immigrant effect.
- Being in Canada causes migrants to experience worse mental health

1. <https://economicdashboard.alberta.ca/dashboard/net-migration/>

2. <https://www150.statcan.gc.ca/n1/pub/82-003-x/2019004/article/00001-eng.htm>

Migrant's struggle backpack

1. Have you ever worked in substandard conditions and received payment below the minimum wage due to your immigration status?
2. Have you ever been refused suitable housing because you lacked legal documentation?
3. Have you experienced stress from a lack of access to adequate healthcare, housing, and education?
4. Have you ever lived in constant fear of being deported from Canada?



What are some of the stressors migrants face?

https://www.youtube.com/watch?v=CGftwNQ_LXI

Documented immigrants

- Uncertainty about refugee or immigration status
- Unemployment or underemployment
- Loss of social status
- Concern about family members left behind with no possibility for reunification
- Difficulties in language learning, acculturation and adaptation (e.g., change in sex roles) [3]

Undocumented immigrants

- Fear of deportation
- Lack of financial resources to pay for emergency hospital fees or doctors visits
- Being denied or delayed medical care
- Not receiving prenatal care
- Unable to seek private health insurance [4]

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3168672/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3084189/pdf/nihms861.pdf>



What is your migration story?

1. Were you, your parents or grandparents immigrants?
2. Have any family members emigrated to another country?
3. What are some of the hardships faced?
4. How did they overcome these hardships?

Write your answers down on the sticky notes provided 😊



How are we addressing these issues?

We're addressing the issue by creating an infographic that provides migrants with strategies and resources that promote mental wellbeing.

It is available as an online and printable resource to be distributed. Take a closer look!



Online Mental Health Counselling Services

- Owl pod (requires referral) <https://www.owlpod.ca/>
- Easecare (requires referral) <https://www.easecare.ca/psychiatry>
- Betterhelp (requires payment but no referral) <https://www.betterhelp.com/get-started/>
- 7cups: free online support chat counseling <https://www.7cups.com/>
- iPrevail - free online peer support & chat counseling <https://www.iorevail.com/>

Settlement Services

Settlement Service Providers assist immigrants and refugees in overcoming barriers specific to the newcomer experience, such as housing, health care, and mental health.

- To find a settlement service provider organization near you, visit: <https://www.canada.ca/en/immigration-refugees-citizenship/campaigns/newcomers.html>

Wellness Together

This is a website that allows you to browse free articles, talk to a counselor, and join a free peer support group. Wellness Together specifically offers a hotline for people experiencing issues with various humanitarian crises around the world. This is an excellent resource for migrants seeking tailored help with issues in their country of origin.

Multicultural Mental Health Resource Centre

<https://multiculturalmentalhealth.ca/consumer-information/newcomers/>

- This website provides multilingual information on mental health problems and treatments as well as information about how to find culturally-appropriate mental health services.
- There is information available on services specific for newcomers and refugees all across Canada.

Hotlines Available 24/7

- Alberta wide mental health help line: 1-877-303-2642 (Toll free)
- Rural Mental Health Support Line Phone: 1-866-405-5459
- Dial 211 in Alberta - can connect callers to a variety of resources, in-person or online.

References:

- <https://www50.statcan.gc.ca/c136/b2-005-x/0180004/article00001-eng.htm>
- <https://www.care4canada.ca/en/health-services/professionals-project-immigrants-and-refugees/>
- <https://www.mccp.org/immigration/immigration-statistics/4-Kiwoyl-Yang.pdf>
- <https://www.mccp.org/immigration/immigration-statistics/4-Kiwoyl-Yang.pdf>
- <https://www.mccp.org/immigration/immigration-statistics/4-Kiwoyl-Yang.pdf>

MENTAL WELLNESS IN MIGRANTS

What is a mental disorder?

A mental disorder is described as disturbances in thoughts, feelings, and perceptions that are severe enough to affect day-to-day functioning.

What is mental health?

Mental health refers to a state of well-being and includes our:

- emotions
- feelings of connection to others
- thoughts and feelings
- ability to manage "highs and lows"

Disclaimer

Mental health is NOT the same as mental illness. The provided information and resources are intended for general guidance and support in promoting mental health and well-being. If you require specific assistance or are dealing with a mental health crisis, please speak with a qualified health care provider.

Why is addressing mental health important in the migrant population?

When migrants arrive in Canada, they are at a higher risk for mental health problems and disorders [2].

Prior to arriving in Canada, the mental health of migrants is better. This is known as the healthy immigrant effect [1].

Migrants are less likely to seek mental health resources compared to Canadians [3].

Document immigrants face issues with:	Undocumented immigrants deal with the additional stressors such as:
<ul style="list-style-type: none">Uncertainty about refugee or immigration statusUnemployment or underemploymentLoss of social statusConcern about family members left behind and possibility for reunificationDifficulties in language learning, acculturation and adaptation (e.g. change in sex roles) [4]	<ul style="list-style-type: none">Fear of deportationLack of financial resources to pay doctors visitsDenied or delayed medical careNot receiving prenatal careUnable to seek private health insurance [5]

First and foremost

Eat well, exercise regularly, and get enough sleep.

Looking after your mental health is just as important to your overall well-being as taking care of your physical health.

You may find that it helps to talk about what you are going through with others

- Find a family doctor - <https://albertafindadoctor.ca/>
- Can search by location, language preference & gender preference
- Access 24/7
- Call 780-424-2424 at any time for addiction and mental health supports, navigation and support
- In-person services are available at the Edmonton Community Health Hub North
- 13211 Fort Road NW, Edmonton, AB T5A 1C3
- Open 7:30am-4:30pm on Monday and Friday, and 7:30am-8:00pm from Tuesday - Thursday

Problem Solving... with AI!

Problem: migrant workers accessing the infographic might not be fluent in English.



We recognized the complexities of translating the information manually, so our team sought assistance from artificial intelligence.



Solution:

Tagalog

Polish

MENTAL WELLNESS SA MGA MIGRANTE

Ano ang mental disorder?

Ang mental disorder ay inilalarawan bilang mga kaguluhan sa mga pag-iisip, damdamin, at mga pananaw na sapat na malala upang makaapekto sa pang-araw-araw na paggana

Ano ang mental health?

Ang kalusugan ng isip ay tumutukoy sa isang estado ng kagalingan at kabilang ang ating: damdamin
damdamin ng koneksyon sa iba

Po pierwsze i najważniejsze

Jedz dobrze, ćwicz regularnie i wysypiaj się.



Dbanie o zdrowie psychiczne jest tak samo ważne dla ogólnego dobrego samopoczucia, jak dbanie o zdrowie fizyczne.

Może się okazać, że pomocna będzie rozmowa z innymi o

Our infographic includes a wide variety of options that immigrants can utilize, such as wellness centers, online counselling services, and resources tailored to help overcome migrant-specific barriers. Our infographic is also available in different languages upon request.



Why use our infographic?

The options we've listed are cost-friendly, which may be an important consideration for migrant workers who need to prioritize basic necessities (house, food) over other spendings. Moreover, we aimed to include accessible recommendations,

What has your team learned about pharmacists and community partners' roles in advocacy?

The high accessibility of pharmacists grants us the ability to connect with various individuals, learn about their struggles, and enables us to find ways to advocate for them

Community partners can find specific groups of people who may benefit from healthcare advocacy and connect them with pharmacists and other healthcare providers to address their health needs





Together pharmacists and community partners can identify populations that would benefit from health advocacy and work towards achieving equity for these groups





Trivia Time

Which country has a culture of migration that is enforced by government policy?

Hint:

How many migrant workers came to Alberta in 2022?

Hint:

What is the difference between an open work permit and a closed work permit?

Hint: