



Immigrant and Migrant Mental Health

Immigrants and migrants comprise a significant size of the American population and face a unique set of challenges that impact their mental health. Although immigrants and migrants have a variety of social determinants, a multitude of research has found overall *those born outside of the United States (U.S.) experience a decline in health the longer they live in the U.S.*, including a greater risk for psychiatric disorders, including depression, anxiety, post-traumatic stress disorders (PTSD), and substance use disorders.¹⁻²

Risk Factors

Immigrants and migrants may experience disrupted family cohesion and conflicts, low social support, language barriers, and discrimination which can diminish their quality of life. Immigration raids and detentions are also stressors many immigrants and migrants face, particularly for Hispanic and Latinx populations. Furthermore, *Hispanic and Latinx children who have been separated from their parents at detention centers or deportation record a greater likelihood of mental health issues, including PTSD.*¹⁻² The increased risk of developing mental health issues among immigrants and migrants, especially children, warrant further attention. Below you will find a variety of mental health and community resources available to support the mental health and wellness of immigrants and their families.

1. Pinedo, M., & Valdez, C. R. (2020). Immigration Enforcement Policies and the Mental Health of US Citizens: Findings from a Comparative Analysis. *American journal of community psychology*, 66(1-2), 119–129.

2. Alegría, M., Álvarez, K., & DiMarzio, K. (2017). Immigration and Mental Health. *Current epidemiology reports*, 4(2), 145–155.

Resources to Support Immigrant Mental Wellbeing

- Access key resources to support immigrants in your communities, including [Community Resources & Immigration Hotlines](#), [Red Cards from ILRC](#), the [Rapid Response Network Hotline List](#) for urgent situations, and the [National Immigrant Detention Hotline](#) for free support while in detention. Additional tools include the [Immigrant Defense Project](#) and the [Immigration Advocates Network](#) for legal referrals and rights education.
- Some Georgia specific resources include [The Georgia Department of Public Health Refugee Health Program](#), a program providing refugees healthcare services, and [CVT](#), which extends rehabilitative care to refugees and asylum seekers, including psychotherapy, clinical case management and professional interpretation. [Clarkston Health Equity Coalition](#) also has a network of resources and service providers for the Clarkston community including mental health care.
- Explore services provided by [Inspiritus](#), [Immigrants Rising](#), and [National Network for Immigrant and Refugee Rights](#). All sites also have comprehensive lists of mental health resources.
- Check out this [newsletter from 285 South](#) for more resources on how to help the immigrant community.
- Download an extensive mental health resource directory from the [Coalition for Immigrant Mental Health](#).
- Resilient Georgia created Mental Health Resources for [Hispanic/Latinx](#), [Black](#), and [AAPI](#) communities