

## **Mental Health Beliefs and points to consider for refugees mental health**

### **Biological factors:**

- ❖ Heredity
- ❖ Contagion

### **Psychological factors:**

- ❖ Lack of personal resources (e.g. energy)
- ❖ Low self-esteem
- ❖ Lack of self-confidence
- ❖ Personality and temperament
- ❖ Frustration from inability for self-expression
- ❖ Negative thoughts
- ❖ Depression related to stress
- ❖ Negative affect/attitude
- ❖ Loneliness (isolation)
- ❖ Feelings of professional inadequacy

### **Social/migration factors – before arrival:**

- ❖ Stress of preparing to flee, fleeing, seeking asylum and the process of resettlement
- ❖ War and political instability
- ❖ Torture and physical abuse
- ❖ Brainwashing (forced indoctrination)

### **In transit factors:**

- ❖ Stressors involved in living in refugee camps
- ❖ Stress of travelling as a refugee

### **Social/migration factors – after arrival:**

- ❖ Lack of acceptance in country of resettlement
- ❖ Antisocial and illegal behaviour
- ❖ Stress of migration process
- ❖ Change in lifestyle and socioeconomic status
- ❖ Unemployment
- ❖ Racial discrimination
- ❖ Supporting family in home country
- ❖ Financial stress
- ❖ Stress of separation from family members in home country or other countries of resettlement
- ❖ Alcohol and drugs
- ❖ Family dysfunction

- ❖ UK system of education and attitudes to parenting
- ❖ Dissatisfaction for old people
- ❖ Denying cultural origins and refusing contacts with community. The lack of support and stress that results from this may contribute to the development of mental illness.

**Cultural and religious factors:**

- ❖ Evil spirits
- ❖ Bad karma
- ❖ Migration (leaving one's village, town or land)
- ❖ Bad deeds
- ❖ Disengaged community
- ❖ Torture and trauma in country of origin and refugee camps
- ❖ Cultural alienation
- ❖ Language barriers
- ❖ Women's role in society (e.g. isolation and abuse)