

ECHO Phone

Emergency, Community and Health Outreach



Monthly Health Advice (MHA): Mental Health, Immigration and Crisis

EZ Route File Name: MHA Mental Health

Application: Green Call Flow

Node: Monthly Health Topic (in all languages)

(1)

If you notice that you are often feeling sad and worried, are not sleeping well or sleeping too much, or if you feel hopeless and desperate, then you might be experiencing depression or anxiety.

(2)

Depression and anxiety are common conditions for many immigrants. Big changes in people's lives can lead to feelings of sadness, anger, or hopelessness. New immigrants to America may experience depression and anxiety because they are not used to the American culture, language, or people. They may become fearful and uncertain about what to expect. Remember that these feelings are natural and should go away after one becomes more comfortable and confident in a new environment.

(3)

But if someone keeps feeling bad [negative, sad], scared or angry every day for more than a few weeks, and if these feelings affect the person's daily life and loved ones, then talking to a friend may help. A community or religious leader, a doctor, nurse or a social service provider are also experienced in discussing these feelings. Refugees who left their country to escape war, imprisonment, torture, or another bad situation may be deeply affected by their past experiences. If you or someone you know is having a difficult time dealing with troubling experiences, it is very important to confide in someone [i.e. tell someone about the feelings, thoughts, experiences]. Talking to someone will help the person begin to feel better.

(4)

To hear this information again, press #1.

To return to the previous choices, press #2.