

MIGRATION IN MIND



Co-funded by
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TENENET
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ORGANISATION



GOVERNMENT OF THE
REPUBLIC OF CROATIA
Office for Cooperation with NGOs

CONTEXT

Persons in migration encounter significantly more adverse life events and experiences than the general population, which can occur before, during, and after their migration journey. They are frequently subjected to multiple stressors and traumatic experiences throughout the different stages of migration. Despite their considerable resilience, the vulnerable situation of individuals in migration can profoundly impact their mental health, placing them at an increased risk of developing mental health issues. Indeed, higher levels of psychological distress are common among persons in migration. The challenges associated with the migration process can contribute to the development or exacerbation of symptoms related to anxiety, depression, post-traumatic stress, and feelings of helplessness, hopelessness, frustration, anger, and diminished trust in others. These difficulties can also lead to impaired daily functioning, reduced motivation and willpower, and strain on interpersonal relationships.

Moreover, they face greater barriers in **accessing healthcare services**. While international human rights affirm that all persons have the right to health (Universal Declaration of Human Rights, December 1966), this right is not always upheld equally across countries.

MIGRATION IN MIND

The project "**Migration in Mind** - Enhancing access to Mental Health and Psychosocial Support (MHPSS) for persons in migration by improving mental health literacy, the quality of care and breaking through stigma" (MinM) focuses on improving access to Mental Health and Psychosocial Support services (MHPSS) for persons in migration (i.e. asylum seekers, refugees, undocumented persons, etc.) while also enhancing the quality of these services. The ultimate goal is to promote mental well-being and reduce mental health challenges in the European Union, focusing on vulnerable groups.

INVOLVED PARTIES

The primary target areas of the project are Belgium, Croatia, Slovakia, and Spain, with the aim of generating replicable results that can be shared with other European Union countries and internationally.

The **project partners** are Médecins du Monde ASBL Belgique - Dokters van de Wereld VZW België through its offices in Croatia and Belgium, TENENET oz., Medicos del Mundo Spain and Udruga Ludruga. The project will be implemented with **co-funding from the European Union** through the granting authority of the European Health and Digital Executive Agency (HADEA) and the **EU4Health programme**. The project is co-financed by the **Government Office for Cooperation with NGOs (Government of the Republic of Croatia)**.

THERE IS NO HEALTH WITHOUT MENTAL HEALTH!

Recognising that there is no health without mental health, this project aims to address mental health within the framework of **'Mental Health and Psychosocial Support' (MHPSS)**, which encompasses the promotion of well-being, the prevention of mental health issues, and the treatment and recovery of people suffering from mental health disorders.

Our goal is also to improve **mental health literacy**, ensuring that everyone can easily recognise their needs related to their mental health and well-being and access appropriate service providers offering high-quality, culturally sensitive care. Additionally, we aim to combat the stigma surrounding people with mental health difficulties. Those facing such challenges are often stigmatised by their communities, making it difficult for them to seek help.

Access to healthcare can be influenced by several factors, including language, understanding of the healthcare system, financial resources, transportation, and proximity to services. Additionally, the **quality of services can be affected** by determinants such as a lack of culturally sensitive staff, language barriers, insufficient training for staff to recognise mental health challenges, and discrimination.

We recognise that many stakeholders are already doing valuable work in this area, but their efforts are often unknown to other stakeholders or the target audience. With this project, we aim to bring together stakeholders directly or indirectly involved at the intersection of mental health and migration. Our goal is to **strengthen existing resources, further empower** the target population, and **gather evidence-based best practices and experiences** in order to co-construct a comprehensive, scalable approach to prevent mental health issues, promote and support the population's mental health, as outlined by the MinM project.

The project duration is 30 months (from 1st September 2024 until 28th February 2027).

To know more about the project, contact us at: nele.roppe@doktersvandewereld.be

The project "**Migration in Mind** - Enhancing access to Mental Health and Psychosocial Support (MHPSS) for persons in migration by improving mental health literacy, the quality of care and breaking through stigma" is funded by the EU4Health programme of the European Union. Views and opinions expressed in this document are however those of the author(s) only and do not necessarily reflect those of the European Union or European Health and Digital Executive Agency (HADEA). Neither the European Union nor the granting authority can be held responsible for them.

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Illustration: Jan Jafo. Jan Jafo is a Kurdish artist living and working in Zagreb. Through painting and exhibitions, he expresses his commitment and continuously experiments with different art forms. His work often explores themes of experience, culture, and justice. He is also actively involved in projects that promote intercultural encounters and foster understanding among people.

HOW WILL WE ACHIEVE THIS?

Project objectives:

- Establish a sustainable framework of services relating to MHPSS for persons in migration.
- Strengthen the skills of both mental health and non-mental health professionals, equipping them to provide persons in migration with accurate information and access to quality mental health and psychosocial care, in a respectful, culturally sensitive, inclusive, and non-discriminatory manner.
- Raise awareness among the citizens and relevant stakeholders working with persons in migration in the target areas about the rights of persons in migration and the critical importance of ensuring access to MHPSS services.

Project activities:



MHPSS Guide: A resource designed to improve **mental health literacy among persons in migration**, raise awareness of various mental health challenges and topics, and inform them of their right to access MHPSS services.



MHPSS Toolkit for Professionals and Final Publication: This toolkit will serve as a comprehensive guide for both mental health and non-mental health professionals working with persons in migration, offering guidance and outlining **best practices**, methods, and tools for delivering MHPSS services. It will also provide resources for organising training sessions related to these practices. The final publication will aim to engage other professionals and the general public with the project's findings and outcomes.



Capacity Building Activities for Professionals: Training sessions for both mental health and non-mental health professionals will be conducted to enable the practical application of the service concepts outlined in the MHPSS toolkits. The goal is to enhance professionals' capacities to **identify and assess mental health challenges, facilitate access to MHPSS services**, and provide psychosocial support to persons in migration.

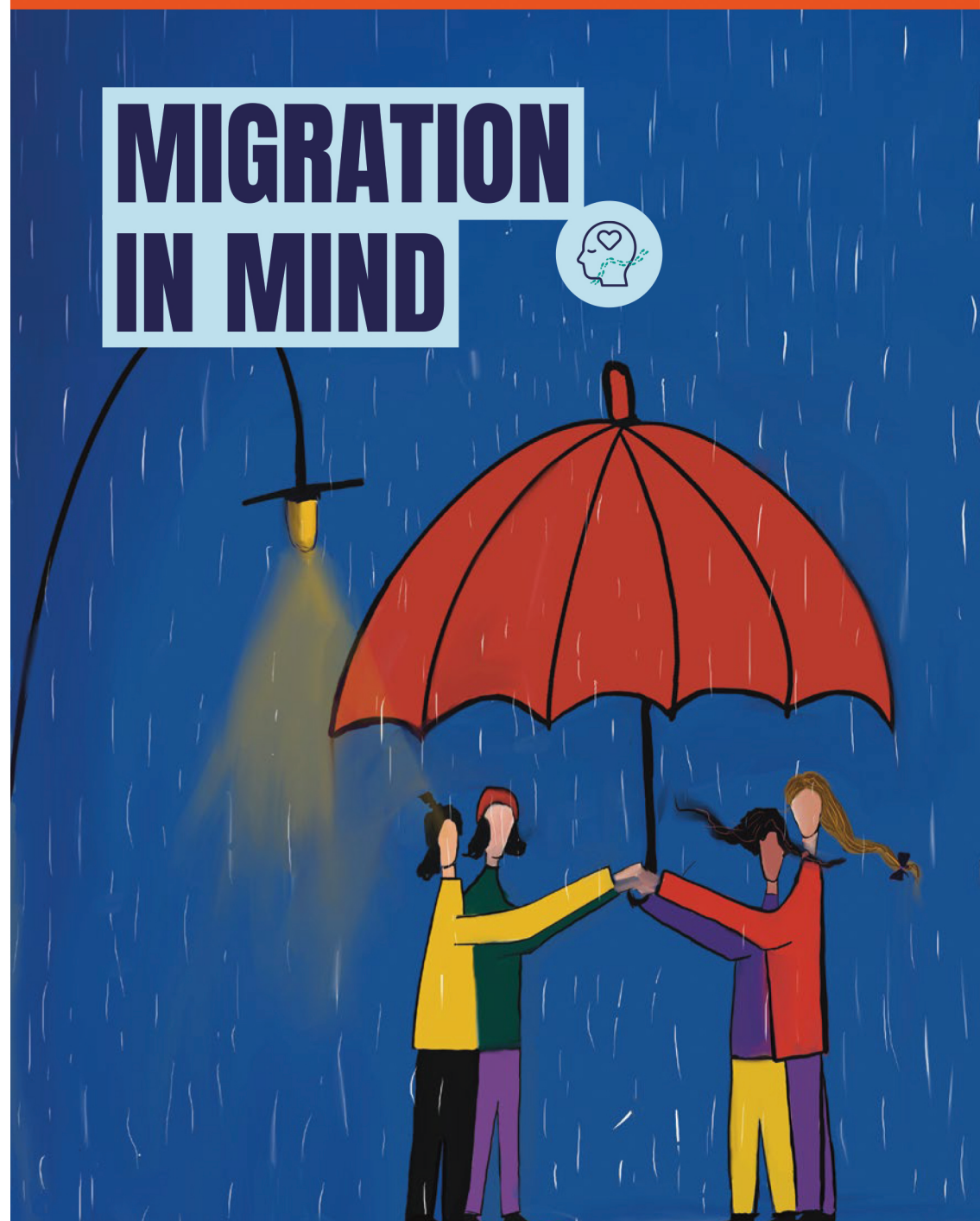


Intersectoral meetings: Meetings will be organised to present the project results in order to promote the inclusion of mental health in all policies, and scale up the identified best practices. Additionally, these meetings will offer valuable input to refine and adjust the MHPSS toolkits, contributing to the implementation of sustainable results.



Piloting/testing of MHPSS service toolkits: This activity will involve group sessions, individual consultations, and fieldwork, conducted by trained professionals, providing an opportunity to implement the best practices outlined in the toolkit and make adjustments based on feedback from the field.

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