

Article: 2453

Topic: 322 - State of the Art: Treatment of Mental Health Problems in Migrants

TREATMENT OF MENTAL HEALTH PROBLEMS IN MIGRANTS

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Migration is the process by which individuals change their place of residence to another largely for permanent or semi-permanent periods. The reasons for migration are many and include economic, social, political, medical or recreational reasons. With increasing globalisation, unprecedented numbers of people are moving across various regions and this process causes stress not only for those who move but also for those who are left behind. With movement across different cultures the cultural identity of the individual and the actual process of acculturation play a role in enabling the individual to settle down in the new environment. Preparation in the pre-migration phase, the actual experience and process of migration, existing and new social support along with acceptance by the new culture may contribute to making the process manageable and less traumatic. The reasons for migration will affect experiences related to the trauma and ensuring stress. Clinicians must be aware of assessing special needs of the migrants. Guidance for clinicians on how to manage the clinical status of migrants will be discussed.