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**Objectives :**

- Determine how the Resilience could understand itself as protective factor, which avoids the anxiety and depression symptoms development in adolescents, who are exposed to different big stress factors, such as, Immigration Vs. Armed Conflict.
- Demonstrate probable consequences in Mental Health, during migratory process in Adolescents.

**Significance and Background :** Resilience is the human capacity to face overcome and make stronger or transformed by experiences of adversity. We can identify resilience factors in 4<sup>th</sup> categories: I have, I am, I feel, I can.

**Description :** It is a research focus an ecological descriptive study, concentrated on obtaining through 62 Semistructured interviews, with application of four (4) individual test: **STAIC (Anxiety)**, **BDI (Depression)**, **Family-APGAR (linkage)**, and **Resilience-in-front-of Adversity (Resilience)**, with the reference population sample selected for the study; to verify the existence or not of the Anxiety and Depression Sintomatology, secondary stressor event, related to violence situation or immigration described; in the same age group, twelve to seventeen, in two geographical zones, and different social stressors, but of the high complexity (Armed Zone Vs. Immigration Zone). The population was in two zones in order to take the samples. Zone-1: Adolescents, residents in Colombian armed conflict-(Arauca-Department). Zone-2: Adolescents, residents of Barcelona province-(Catalunya, Spain), who were born and came from Latin-America.

**Conclusions:**

- Resilience is defined as a human capacity, present in different communities of adolescents, that allows to face the adversities of life -violence-armed conflict-immigration, both in communities migrants/immigrants and residents in war area present in the study.
- The Immigration is cause of anxiety in adolescents, including states of rejection, vulnerability and change in their identity.
- Resilience also means life experience, it is a building life experience.