



## Immigrants Mental Health Issues

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People from different parts of the world migrate to other countries for various reasons, such as warfare, employment, reuniting families, violence, conflicts, and other reasons. According to the International Organization of Migration (IOM, 2020), around 281 million of the world population were international immigrants. Also, the IOM World Migration Report (2020) indicated that more than 40% of international migrants were originally from Asian countries. Around 20% were from six Asian countries (India, China, Pakistan, Bangladesh, Philippines, and Afghanistan); for these migrants, the United States and Germany were the two major destination countries (International Organization of Migration, 2020).

Furthermore, The United Nations High Commissioner for Refugees (UNHCR) reported by the end of 2021, a record of 89 million people were displaced; however, this number raised to 100 million by the early months of 2022 when Russia invaded Ukraine (UNHCR, 2023). Furthermore, the UNHCR (2023) reported that low- and middle-income countries hosted 83 percent of the displaced population, and Turkey,

Colombia, and Uganda were the three nations that opened their borders for a significant number of displaced people in 2021.

As the number of migrants, asylum seekers, and immigrants is rising, paying attention to their mental health is essential. Immigrants, migrants, and asylum seekers can experience various traumas during transition periods including language barriers, loss of jobs, loss of social bonds, and momentary, leaving behind friends and other family members. Moreover, they can experience trauma, including violence, discrimination, and harassment, that can predispose them to mental health disorders that lead to long-term and short-term impacts on their social behavior and productivity in the community. Multiple study results indicated that minority stressors, discrimination, violence, and verbal and emotional abuse could negatively impact mental health (Gilbert & Zemor, 2016; Kleber, 2019; Pieterse et al., 2012).

Without proper programs to manage the burden of mental problems among the immigrant population, they might not contribute as productive individuals in the community. They

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might continue to depend on social and government welfare, which can negatively strain the economy. According to the World Health Organization (WHO, 2023), even though mental disorders are chronic, appropriate management can enhance their productivity and independence in the community. For example 60% of patient population with depression can get healthy with appropriate treatment and psychotherapy (WHO, 2023).

Many low- and middle-income countries lack financial resources and healthcare professionals to provide optimal mental healthcare services and screening for their citizens. Adding the burden of the displaced populations can negatively impact the quality and coverage of mental health healthcare services there. Around 33% of countries in the world allocate less than 1% of their health budget to mental healthcare services, and around 50% of countries have one psychiatrist per 100,000 population (WHO, 2023).

Therefore, at a global level, strategy makers at the government level need to consider collaborating on action plans and financial support to improve mental healthcare services to immigrants through local and non-governmental organizations at a national and international level to decrease the burden of mental health disorders in the communities.

Asian Research Institute journals might be interested in publishing this letter. Many scientists and policymakers are reading articles from these

journals and this letter can provide insights for them to explore in new research and find applicable solutions.

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