MENTAL HEALTH KIT
MIGRANT POPULATION

Changing countries can be very difficult and challenging, either because we were looking for a better life and we are not able to build it, or because we had to leave our country against our will.

In a new country, we may not know where to find job, medical help, shelter or support, and it can also be difficult to find a group of people who would make us feel at home. Facing with these challenges, it is natural to feel...

To (re)experience traumatic situations.

SIGNS:
- *I feel confused and emotionless*
- *I can't concentrate or live normally*
- *It feels like my body is here but I'm not*
- *I relive the worst moments as if I were there*
- *I feel guilty*
- *Drinking, using drugs or hurting myself seem to be the only solutions I know*

LEARN MORE ABOUT TRAUMATIC SITUATIONS

Anxious and very worried.

SIGNS:
- *The brain doesn't stop thinking*
- *I have no appetite*
- *My heart and breathing are racing*
- *I can't relax or sleep well*
- *I'm always alert*
- *My head, chest and/or stomach hurts*
- *I feel exhausted and out of my mind*

LEARN MORE ABOUT ANXIETY

Sad because we lost someone or something important (home, comfort, security).

SIGNS:
- *I just want to be alone*
- *I feel empty and homesick*
- *I don't have energy for anything*
- *I just feel like crying*
- *I'm irritated*
- *I only see the bad side of things*
- *I feel like I haven't said goodbye to him/her or what I lost*
- *Sometimes simply disappearing seems like the best solution*

LEARN MORE ABOUT DEPRESSION AND GRIEF

It is hard to feel this way, but we can:

01. Focus on what you can control. Make a priority list for your day with what you can take care of. Start with the easiest and quickest to do.

02. Put concerns into perspective. Write about what makes you worried, anxious or sad. Then, share it with someone or save to read later.

03. Connect with people we like. Call a family member or a friend and share with them what you are going through and feeling. Talk about what is difficult but also take the opportunity to remember good times.

04. Do physical activity. You can, for instance, walk, run or dance. Focus on what is happening around you in these moments: the sounds, the music, the smells, the colours of the cars, the streets, the gardens.

05. Take care of ourselves. Look for activities that make you feel good, for instance: watching videos, series or films, painting, taking a hot bath, making typical food or spending time with people from your country. Define days of the week and hours for each activity.

LEARN MORE ABOUT SELF-CARE

ORDEM DOS PSICÓLOGOS

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PORTUGAL

SEEK PROFESSIONAL HELP
Psychological Support Line SNS24
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