

Immigrants

Immigrants often face worse mental health outcomes than the general population. Policy should ensure that people immigrating to America have the support they need to thrive; unfortunately, many people immigrate to America to escape circumstances that were traumatizing, and these individuals are at a high risk of negative mental health outcomes. Once in America, individuals may face exclusion and isolation as they try to navigate a new social and economic context, and this too may lead to worse mental health outcomes. Lack of documentation or other barriers can also prevent some individuals from getting access to mental health services once a need develops. This can lead to fear of legal consequences that increases stress.

PROACTIVELY ENGAGE IMMIGRANTS

Federal policy can invest in more proactive systems for engaging immigrants to improve mental health and ensure that they have what they need to thrive in their new lives in America.

ACTION ITEMS

- The federal government should **make it impermissible to use any information related to seeking mental health treatment for any aspect of immigration enforcement** and provide funding to disseminate this information to immigrants.
- The federal government should **fund education about the availability of mental health services as part of immigration services**, along with screening and referral to culturally competent mental health care for those interested.
- The federal government should **fund municipalities to pilot, evaluate, and scale different approaches to socially and economically engage immigrants** and reduce the rates of isolation and exclusion.

