

# Refugee Mental Health



A few issues you need to know about

**1.**

**The risk of developing PTSD in refugees and asylum seekers is significantly higher compared to the general population.**

Pre-migration experiences such as being close to death and being forcibly separated from family members are important causes of PTSD in refugees

**2.**

**Depression is a widespread mental problem estimated to affect about 9.8%-67.4% of refugees globally.**

Factors that lead to depression in refugees are younger age, experiences of pre-migration trauma, refugee camp internment, and post-migration stressful events.

**3.**

**Negative and pending outcomes of the asylum process and separation from family are related to higher levels of distress and lower levels of life satisfaction.**

Being a refugee is associated with a higher prevalence of mental health issues, yet proper screening and treatment are often missing



**Mental health of refugees can be approached from a pluralist economics perspective.**

Our aim is to provide a policy brief discussing these various economic approaches (neoclassical, political economy, behaviour economics)

# Refugees Mental Health

Policy Interventions



## Focus on female empowerment

1.

Provide proper assistance to women refugees in the form of women officials who speak their language, understand their culture, and are able to give proper empathy and support

## Create real connections

2.

Provide health care services in the language of the asylum seeker, practicing sensitivity and respect towards the refugee's experiences, background and cultural context they come from

## Incentivize the locals

3.

Provide incentives to local individuals, firms, and organizations so that they get involved in the creation of cultural bridges, support networks, as well as language and cultural integration services

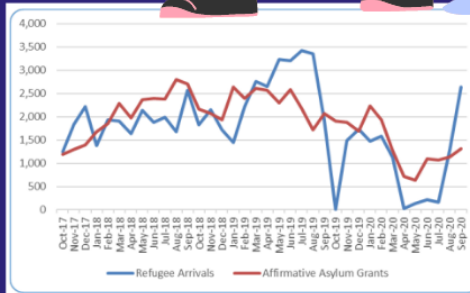


# Refugees in the USA

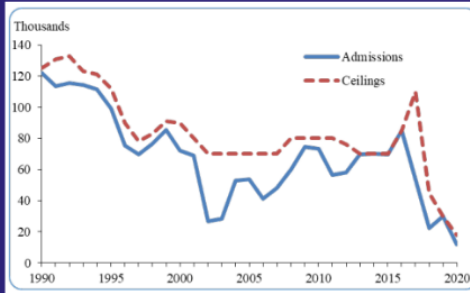


Some key statistics

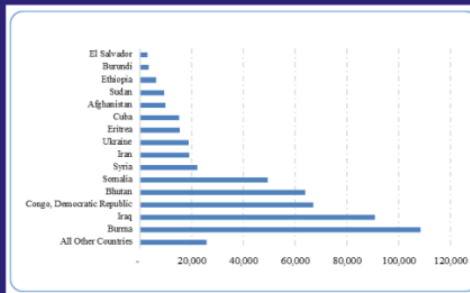
**Figure 1. Refugee Arrivals and Affirmative Asylum Grants by Month: Fiscal Years 2018 to 2020**



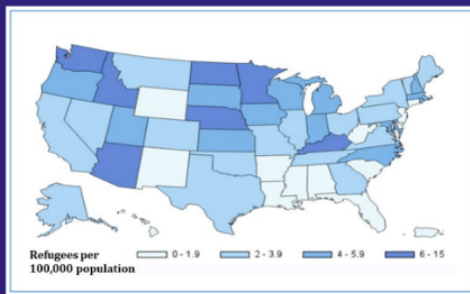
**Figure 2. Refugee Admissions and Proposed Ceilings to the United States: Fiscal Years 1990 to 2020**



**Figure 3. Refugee Arrivals by Top Country of Nationality: Fiscal Years 2011 to 2020**



**Figure 4. Per Capita Refugee Resettlement by State of Residence: Fiscal Year 2020**



**Figure 5. Annual Grants of Affirmative and Defensive Asylum: 1990 to 2020**

