

MÉDECINS DU MONDE

DOKTERS VAN DE WERELD



Mental health on the Move

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Who is Medecins du Monde ?

Universal health coverage

We want universal health coverage where everyone has access to care, without barriers (financial, cultural, geographical, etc.)

International health development NGO

We provide health assistance to vulnerable groups in Belgium and some other parts of the world





Story of Emina

This story is based on true facts,
combines several stories and is
anonymized

Home country

Forced wedding
Physical & mental violence
Impact of family bonds

➤ Impact on mental health

On the move

From the Middle East to Europe
On foot / human traffickers
Very bad circumstances
Violence
Uncertainty

➤ Impact on mental health

Arriving in Europe

Language barriers
Cultural differences
No (social) network
Concept of mental health
Access to health care?

➤ Impact on mental health

Mental Health

IMPACT OF LIFE ON MENTAL HEALTH

- Several experiences influences our mental health
 - Home country
 - On the move
 - Arrival country
- Most common difficulties: sleeping problems, depressive symptoms, anxiety, stress, ...

FINDING MENTAL HEALTH CARE

- Health literacy > Does everybody knows where to go to get help?
- Language barriers
- Different ways of expressing (mental) suffering & different expectations of mental health care
- Waiting lists > also for people in host country but often less services available
- Prejudices from (mental)health worker towards the person
- ...



Conclusion

MAKE HEALTH CARE ACCESSIBLE FOR EVERYONE

- Not only on the level of policy makers
- Also on your level as (mental) health worker

JUST TRY

- Be aware of possible differences, don't be afraid of them
- Try, learn from mistakes
- Be open, listen



SOIGNE AUSSI L'INJUSTICE



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