



# MENTAL HEALTH MATTERS

A MONTHLY NEWSLETTER FROM ATLANTIC BEHAVIORAL HEALTH

MINDRITY MENTAL HEALTH | July 2023

## Black, Indigenous, People of Color (BIPOC) Mental Health Mental Health and Our Immigration Experiences

The theme of Mental Health America's 2023 BIPOC Mental Health campaign is Culture, Community, & Connection. Our lives are deeply intertwined with our environments, and these surroundings impact our mental health and overall wellness. Black, Indigenous, and people of color (BIPOC) populations are faced with disproportionate amounts of historical trauma and displacement that can challenge their ability to thrive in their environments. However, culture, community, and connection are pillars that support and uplift BIPOC individuals in the face of oppression and systemic racism.

Each July, we highlight the legacy of trailblazer, advocate, and author Bebe Moore Campbell by proudly commemorating Bebe Moore Campbell National Minority Mental Health Awareness Month. It is through Moore Campbell's devotion to the mental health of minoritized communities that we are able to celebrate each July and continue to build a better future for individuals of all backgrounds.

There is promise in the strength of community, as Moore Campbell demonstrated. Within communities and environments, the ability to build and maintain authentic connections and a sense of belonging is a foundational element of wellness. Culture and community can tie people to their ancestors and give a sense of pride or purpose. [BIPOC Mental Health | Mental Health America \(mhanational.org\)](#)

*"With the exception of those few individuals who are 100% Native American, every American is either an immigrant themselves or directly descended from immigrants."* [U.S. Immigration by Country 2023 \(worldpopulationreview.com\)](#)

This month, we look at our immigration experience and stories and how we can take care of our mental health, with a goal to increasing awareness about good mental health and reducing the stigma for getting care when needed. We all come from somewhere and there is a story about how we and our families arrived in this country. The way we arrive can have an impact on our mental health. Multiple data sources confirm that three-quarters of the foreign-born population are either lawful immigrants or lawful permanent residents. Only a quarter of this population is unauthorized.

### ***Immigrants Come from All Over the World***

- The United States has the highest immigrant population in the world at [50.6 million \(as of mid-2020\)](#), which equates to approximately 15.3% of the total U.S. population and 18% of international immigrants worldwide.
- The U.S. immigrant population is also notably diverse, with the country welcoming new arrivals from more than 200 countries and territories every year. [US Immigration by Country 2023 \(worldpopulationreview.com\)](#)



Atlantic Health System  
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## Mental Health and Our Immigrant Experience

### **Knowing your story can help you know what you may need to take care of your own mental health.**

Throughout history, BIPOC communities have carved out culturally responsive spaces that give room for individuals to feel connected with their communities and maintain physical and psychological safety. These spaces of support include cultural hubs, community gardens, community care systems, social clubs, art collectives, sports teams, and more.

BIPOC communities are rooted in collectivist cultures, which recognize that each person's health and wellness is deeply interconnected with their community's. When one person seeks to take care of their mental health, it has an impact on the wellness of the community at large. ([Key-messages.pdf \(mhanational.org\)](#))

Most immigrants arrive with good mental health and a resilience that fuels success in their new country. The close ties to family and community are a strength drawn on as they adjust to a new community. Some people arrive with pre-existing mental health issues or traumas that may worsen with the stress of moving to a new country, learning a new language, discrimination, and possibly losing their connections to old communities.

For some, your immigration story goes back many generations, and the information might not even be known. If this is your story, you might consider doing some research to better understand your story. Try asking older family members about how your family came to this country. This can help you learn if there were any mental health issues in the family, and what challenges your family faced and overcame.

For others, the story may be more recent, and the experience may be within the last generation or even happening right now. If this is your story, you might try journaling about your recent or current experience as a way of keeping your history alive. This can be a way of tracking your strengths and challenges as you look to take care of your mental health.

No matter where we come from or how long we have been here, ***we all have mental health needs*** and can benefit from understanding good mental health basics.

**Do a Mental Health Check** to take care of your mental health:

- **Monitor your sleep and appetite.** If your sleep and appetite have changed or deteriorated, this can impact your health and mental health. Talk to your health care provider and include some information about the changes you have experienced in your life.
- **Have you had a significant loss of some kind?** You might look for a trusted loved one, spiritual support person or mental health provider to help your through a time of grief.
- **Check in with yourself to see if you are coping with an increase of change.** Acknowledging the changes, you are facing can help validate and activate resilience.



# Immigrant Stories

## Where did you come from? Where did your ancestors come from?

Immigrant Stories is a research and archiving project run by the Immigration History Research Center (IHRC) at the University of Minnesota. Immigrant Stories helps immigrants, refugees, and their family members create digital stories: brief videos with images, text, and audio about a personal experience.

The IHRC has supported teaching and research about immigration since 1965. Its partner, the IHRC Archives, is North America's largest archive of immigrant life. The IHRC Archives will professionally preserve all Immigrant Stories, ensuring that students, researchers, and the public will be able to watch these videos decades from now.

Listen to some amazing stories that beautifully bring the immigration experience to life at [Immigrant Stories — Home \(umn.edu\)](https://www.umn.edu/immigrant-stories).

### Mental Health Resources and Services Available to Individuals Who Have Immigrated to the U.S.

[The Coalition for Immigrant Mental Health](#) has compiled a directory of services in both English and Spanish, with costs and requirements for each that have been individually contacted and confirmed. Additionally, you can find an interactive map of resources and crisis counseling hotlines.

[The American Psychological Association](#) has gathered such information as tips for immigrant parents when having difficult discussions with their children about the elections as well as an activity book to assist Latinx children impacted by deportation.

[The American Academy of Pediatrics](#) has designed an Immigrant Child Health Toolkit with resources for mental and emotional health, including risk and protective factors for consideration.

[The Immigrant Learning Center](#) has gathered many resources to assist immigrant communities, including tangible support and emergency funding for undocumented folks and free or low-cost clinics that do not discriminate on the basis of immigration status.

[Mental Health America](#) features resources including a workshop on inter-generational wisdom from an immigrant, Dr. Cesar Cruz, which discusses how immigrants often rely on spiritual practices and ritual practices to cope with psychological distress.

[Black Mental Wellness](#) has gathered evidence-based information and resources from a Black perspective, to highlight and increase the diversity of professionals, and decrease the stigma of mental health.

[Therapy for Latinx](#) has compiled a directory of mental health service providers for the Latinx community, as well as book recommendations, crisis hotlines, national resources, etc.

[The National Asian American Pacific Islander Mental Health Association](#) has prepared a resource list to meet the mental health needs of their community, which includes state-level programs when more AAPI-specific information is unavailable for that area.

[The South Asian Mental Health Initiative & Network](#) has gathered a variety of materials for mental health, including a provider network and helpline.

### CRISIS RESOURCES

If you feel you or someone you know may harm themselves or someone else:

- **988 Suicide and Crisis Lifeline:** 988
- **The Trevor Lifeline for LGBTQIA+ Youth:** 1-866-488-7386
- **Disaster Distress Helpline:** Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- **Veterans Crisis Line:** Dial 988 and Press 1
- **Dial 211:** 211 provides callers with information about and referrals to social services for every day needs and in times of crisis
- **SAMHSA Treatment Locator:** [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

### Atlantic Behavioral Health ACCESS Center:

**888-247-1400**

### Atlantic Behavioral Health Crisis Intervention Services

**24/7 Hotlines:**

Chilton Medical Center: 973-831-5078

Hackettstown Medical Center: 908-454-5141

Morristown Medical Center: 973-540-0100

Overlook Medical Center: 908-522-3586

Newton Medical Center: 973-383-0973



Website:  
[Atlanticealth.org](https://atlanticealth.org)



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