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PSYCHOSOCIAL SUPPORT IN THE CONTEXT OF MIGRATION:

A HUMAN RIGHTS-BASED APPROACH



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All persons, irrespective of their status and nationality, are entitled to their fundamental rights including the right to the highest attainable standard of physical and mental health. Migrants and refugees face a variety of challenges which can negatively impact their mental health. Many of them have faced violence, persecution and extreme hardship in their country of origin as well as during their travels and upon arrival. As such, there are multiple psychosocial and environmental reasons why migrants may experience mental ill-health. Treating and supporting the mental health of migrants therefore requires responses which go beyond biomedical interventions and include support that promotes recovery. The aim of this presentation is to reflect on how we can ensure that migrants and refugees receive appropriate support, in line with a human rights-based and recovery-oriented approach to mental health.

Keywords:

Psychosocial, recovery, human rights

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