

How we support **refugee** and **immigrant** well-being and mental health

War, violence, persecution, poverty, and disaster drive people from their homes every day—and the trauma from that journey does not disappear as soon as our newest neighbors step on American soil. Global Refuge believes that mental healthcare is a critical part of achieving stability and success in the United States. Our mental health programming offers essential care for immigrant and refugee individuals and children, building a stronger, healthier community for all.



During their tumultuous journey to the U.S., Tina and her 4-year-old daughter Veronica* were separated at the border. When they were reunited two months later, her daughter was withdrawn and would not communicate or connect with Tina. With the help of our mental health services, Tina has regained her daughter's trust. Now, Veronica is a happy preschooler who loves attending festivals and celebrating holidays with her mom—and Tina feels confident in her ability to provide a healthy future for her family.*

**Names have been changed to protect security*

We recognize the unique mental health challenges of newcomers and respond with compassionate, trauma-informed care.

Refugees and immigrants often come to the United States having faced unimaginable circumstances in their home countries—and the journey to safety can be long, dangerous, and traumatic. Unfortunately, the mental health needs of newcomers are often unmet due to challenges such as cost, accessibility, language barriers, and bias.

Global Refuge is here to help our neighbors begin to heal and build a better life. Our licensed multilingual clinicians understand the refugee and immigrant experience and are well-versed in trauma-centered, culturally sensitive, and empowering care. Through individual and family therapy, we address a wide range of mental health challenges, such as post-traumatic stress disorder, anxiety, and depression. Support groups provide a space to learn and process as well as to connect with other newcomers with similar experiences and build community.

We provide comprehensive services to help newcomers find a firm footing and improve the wellness of themselves, their families, and their communities.

Challenges like unstable housing and employment, food insecurity, and lack of access to medical care can all greatly impact the mental well-being of immigrants and refugees. That's why we provide more than therapy alone. Our team works holistically to help meet a host of client needs, such as identifying and coordinating community resources and helping families integrate into their new communities. Addressing these systemic barriers encourages improvements not just in mental health, but in family stability, academics, employment and economic empowerment, and physical health. Mental wellness has also been shown to reduce incidences of family violence, substance use disorders, and involvement in the criminal justice system—building a healthier society.

Newcomers face significant challenges upon arrival to the United States. Our mental health services and personalized services provide wraparound care to address:



Housing Insecurity



Access to Medical Care



Employment and Fair Wages



Language Barriers



Intimate Partner Violence



229

mental health clients served in 2023



36%

clients under 18



94

Afghan clients served after the 2021 evacuation

“I’m so much better now. I have more energy, I feel different, and like there is more meaning in my life. I feel much happier.”

“G,” a client in the Global Refuge individual therapy program

Global Refuge is a nonprofit serving newcomers seeking safety, support, and a share in the American dream. We have been a leader in resettlement for 85 years, dedicated to supporting immigrants, asylum seekers, and refugees through advocacy, care, and empowerment to restore a sense of home.