

**by identifying insights the material has given you,**

**-explaining how the information can/should be applied in your practicum/work etc.**

**-identifying additional questions that you have after reviewing the source and how you might go about answering them.**

# Cross-cultural Mental Health and Substance Use

According to the article written by Canadian Mental Health Association mental health, substance abuse affects everyone, regardless of their background, culture or ethnicity. Culture is significantly bigger than self; however, every culture consists of a set of values, beliefs, traditions and knowing of self. Those who seek refuge after being forced from their homes are at a high risk for suffering mental issues due to the unforeseen stress of moving to a different country. Due to the traumatic (war etc.) reasoning around refugees fleeing from their home they are more prone to suffer from PTSD, depression, poverty and unemployment.

Immigrants just like refugees seek shelter in new places even though for different reasons, both are subjected to mental health concerns. Unlike refugees, immigrants make their own decisions to travel across the world to relocate, this leaves them with little to no mental health concerns upon their arrival. Although they have a low risk for enduring immediate mental health, they can at some point experience trauma, issues with adapting to a new culture, different perspectives discrimination, and isolation that impacts their mental health and well-being.

<https://www.heretohelp.bc.ca/infosheet/cross-cultural-mental-health-and-substance-use>