



WHAT TO DO IF YOU FIND IT HARD TO ACCESS MENTAL HEALTH SERVICES?

Contact:

Psychological counselling from NHS 24 Helpline [Linha SNS 24] :

808 24 24 24

Available 24/7

LAM (Migrant Support Line):

218 106 191

Health Office of the Regional Health Administration of Lisbon and Tagus Valley (ARSLVT) at the National Centre of Migrant's Integration Support (CNAIM):

935 329 453 218 106 173

fernanda.silva@arslvt.min-saude.pt

If you need **assistance with translation**, you may contact the Telephone Translation Service of the High Commission for Migrations (ACM, I.P.):

808 257 257 218 106 191

Available on working days from 9 am to 7 pm



ACCESS TO

MENTAL HEALTH CARE



WHY TALK ABOUT MENTAL HEALTH?

Mental health is a fundamental right for everyone.

Mental health is indispensable to the overall well-being of each of us. It is increasingly clear to all people that our perception of good health means being well physically, socially, and psychologically, giving meaning to the expression "healthy mind in a healthy body," i.e., no health without mental health.

When considering "mental health," we are talking about:

- Ability to adapt to new life circumstances and changes;
- Overcome crises and resolving emotional losses and conflicts;
- Have the ability to recognize limits and signs of uneasiness;
- Have a critical sense and a sense of reality, but also humour, creativity and the ability to dream;
- Establish satisfactory relationships with other members of the community;
- Have life projects and, above all, discover a meaning to life.

WHY TAKE CARE OF MENTAL HEALTH?

Good mental health helps us cope with everyday stressors, adapt to new circumstances, work more productively, and contribute to the community. It is also important to recognize that mental health can be negatively affected for a variety of reasons such as economic hardship, unemployment, experiencing a critical event, or migrating to another city or country.

In some situations or circumstances in our lives we may feel the need for other support besides our family and friends. If so, there is no need to be afraid or ashamed! We should seek the help of a health professional, as we do for any physical ailment, by making an appointment at the Health Centre in our area of residence. After evaluation, the doctor will make the referral he or she considers most appropriate.

CAN MIGRATORY STATUS INCREASE THE RISK OF MENTAL HEALTH PROBLEMS?

There are several stress factors, associated with the migratory condition, which may increase the risk of mental health problems and the need to seek support:

- Any act of Discrimination;
- Difficulties in the regularization process and lack of knowledge of the legislation in force in the host country;
- Fear of expulsion or detention;
- Bureaucratic difficulties in accessing public services;
- Precarious and insecure working conditions;
- Linguistic and/or cultural barrier;
- Precarious housing and social fragility

These situations can generate instability, lack of confidence, anger, feelings of guilt and hopelessness, fear, and isolation, which can jeopardize psycho-emotional well-being.

HOW TO HELP?

It is very important to be alert to identify possible signs that something is not right with the other person: sleep or appetite disturbances, restlessness, apathy in body expression and speech, neglect of hygiene and self-care, unusual movements, facial expressions of fear or sadness.

In these cases, be available, do not make judgments, and whenever necessary, suggest support from a health professional.

WHERE CAN I GET MENTAL HEALTH SUPPORT?

At the Health Centre in your area of residence.

In case of immediate need, you should go to the hospital emergency service and/or contact the helplines provided in this document.