

IMMIGRANT & REFUGEE ADJUSTMENT

BUILD BELONGING WITHOUT ERASING WHAT CAME BEFORE

Migration can include hope and opportunity alongside grief, disruption, language fatigue, uncertainty, trauma, and major changes in role or status.

MANY LOSSES CAN BE INVISIBLE

- Home, familiar routines, language ease, profession, status, family roles, community, land, safety, or people left behind.
- Grief can coexist with gratitude or relief.

LEARNING NEW SYSTEMS TAKES ENERGY

- Healthcare, schools, transportation, employment, banking, benefits, laws, and social expectations may be unfamiliar.
- Ask for interpretation, plain language, written steps, community navigation, or advocacy when available.

TRAUMA IS POSSIBLE - NOT ASSUMED

- War, persecution, displacement, violence, or dangerous travel can affect mental health, but not every refugee needs clinical treatment.
- Focus on the person's symptoms, functioning, strengths, preferences, and current needs.

REBUILD SECURITY

- Housing, income, food, healthcare, education, transportation, legal stability, and physical safety affect adjustment.
- Practical support may be as important as emotional coping.

KEEP CONNECTION

- Family, cultural groups, language, spirituality, faith, food, music, traditions, and community can support continuity.
- New relationships and identities can grow without replacing old ones.

ASK FOR HELP EARLY

- Persistent nightmares, severe anxiety, depression, substance problems, major functional decline, or suicidal thoughts deserve support.
- Seek culturally and linguistically responsive care when possible.

Resettlement is not a demand to become a different person. Safety, stability, connection, and choice support adjustment.