

PANEL - PROPOSAL

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24th IMISCOE Annual Conference 'United for Human Rights and Global Equity'

Title

Migrant Mental Health: Diversity, Stigma and Access to Care

Standing Committee

Families, Welfare, Care and The Life Course

Organizers

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Key words

Migrant mental health, Stigma and help-seeking, Access to mental healthcare

Abstract

Mental health is an important yet often overlooked dimension of migration and social inclusion. Migrants and refugees may experience a range of mental health challenges, while their needs and pathways towards support can differ considerably from those of the wider population. At the same time, migrant populations are highly heterogeneous, and treating migrants as a single category risks overlooking important differences in experiences, needs, and access to mental health support.

This panel brings together research on mental health among migrants and refugees, with particular attention to diversity within migrant populations and to the social and structural factors shaping mental health and help-seeking. We welcome contributions examining differences according to migration status, gender, age, socioeconomic position, country of origin, racialisation, or migration trajectory, as well as research exploring how these dimensions intersect.

A particular focus is placed on how mental health is understood, discussed, and addressed within migrant communities and receiving societies. Stigma and taboos surrounding mental health may influence the recognition of psychological distress, willingness to seek help, and engagement with formal or informal support. Contributions may also examine culturally shaped understandings of mental health, informal coping and support networks, and the role of families and communities in shaping help-seeking practices.

The panel further considers how mental health services respond to diverse migrant populations, including questions of cultural and linguistic responsiveness and the fit between migrants' needs and available forms of support. By bringing together different populations, contexts, and methodological approaches, the panel aims to advance a more nuanced understanding of migrant mental health and contribute to more inclusive and equitable approaches to mental health and care.



Send your abstract (max 250 words) by 9th of October 2026.



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