

# HOW CAN MENTAL HEALTH PROFESSIONALS HELP IMMIGRANTS NAVIGATE **cross-cultural differences?**

Many immigrants face incredible challenges in trying to find a better life for themselves or their families. A significant struggle that many immigrants and refugees face when crossing borders is the difference in cultures and knowing how to navigate tangible and intangible social and cultural differences, especially when their livelihoods may be at risk.



**Dr. Claudette Antuña**

Guest expert and forensic psychologist, Dr. Claudette Antuña, shares ways mental health professionals can be of help to someone from a different racial, cultural, or linguistic background:

**1** Have a willingness to learn about the new or the unfamiliar. Treat them as the expert that they are in their culture.

**2** Advocate for the other person and their safety and educate them on how to stay safe.

**3** Don't be afraid to ask questions to properly educate yourself on a new culture - it's okay if you don't know all of the answers.

**4** Have an open conversation with the other person. Share your own story to show that you also have an interest in learning about their story.



Listen to the episode **“Working with Trauma in Cross-Cultural and Immigration Contexts”** to learn more.



**Roadmap to Resilience:**  
Supporting Children Experiencing Stress and Trauma

