

VI Congress on migration and mental health “Migrants’ wellbeing matters”

Title: Racism & Mental Health in Migrant Populations.

Abstract

Racial discrimination and racially motivated violent crime pose a significant risk to the mental health and wellbeing of migrant populations. Despite a growing body of evidence internationally, links between racism and mental health are widely ignored within “migration and Health” research in Germany. The recent increase in the number of racially motivated attacks on refugees and minorities in Germany is cause for alarm and may have severe short- and longterm effects on the mental health of migrant communities. *The psychological counseling centre for victims of right-wing extremist, racist and antisemitic violence* in Berlin (OPRA), has provided counseling and specialized traumatherapy for this victim population for over 15 years. The conference presentation will focus on the innovative trauma focused interventions developed at OPRA, to aid the victims of racially motivated hate crimes. In addition, the experiences of the victims and the impact of racist events on the migration process and salutogenic processes will be explored.

Migration, Mental Health, Racism, racial discrimination, trauma focused interventions, counseling

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