



# African Immigrant & Refugee Suicide Prevention

## PROTECTIVE AND RISK FACTORS FOR IMMIGRANTS & REFUGEES

Trauma can be created through a combination of the three migration stages; pre-migration, migration, and post-migration. Each stage poses a struggle to find a new sense of belonging.

## STRATEGIES FOR EFFECTIVE FUNDRAISING & FUNDING ALLOCATION

Grants allocated to Black communities often underserve the migrant population. Culturally tailored mental health programs, interpreter services, and outreach are unavailable for specific Black subgroups.

## ADDRESSING UNDERREPORTING & CULTURAL STIGMA

'One size fits all' dataset makes it difficult to identify disparity of needs within specific Black subgroups.

Demographic surveys can help make important distinctions between African American, African immigrant, Afro-Caribbean, and Afro-Latinx populations.

## POLICY ADVOCACY FOR CULTURALLY RESPONSIVE LEGISLATION

Policymakers and organizations that recognize the varied communities that fall under the "Black" umbrella is a necessity for ensuring that funding, resources, and policies reaches migrants.





# Addressing the Youth Suicide Crisis



Restoration for All, Inc.

*Be Restored, Be Empowered*

## LET US STRENGTHEN COLLABORATIVE ACTION FOR COMMUNITY WELL- BEING

Here are pieces of data  
collected throughout  
various community  
engagement events.

### 9% of Minnesotans are foreign-born

Somali migrants are the second  
largest immigration group, with  
77% living in the Twin Cities.

Information courtesy of Minnesota Compass  
and Wilder Research

### 38% of community members

**RARELY** discuss mental health,  
substance misuse, and suicide  
prevention.

### 40% of community members reported

**VERY HIGH** stigma associated  
with mental health, substance  
misuse, and suicide.

### 51% of community members acknowledged

that they are only somewhat  
aware of the role policy plays in  
mental health challenges faced  
by migrants.



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