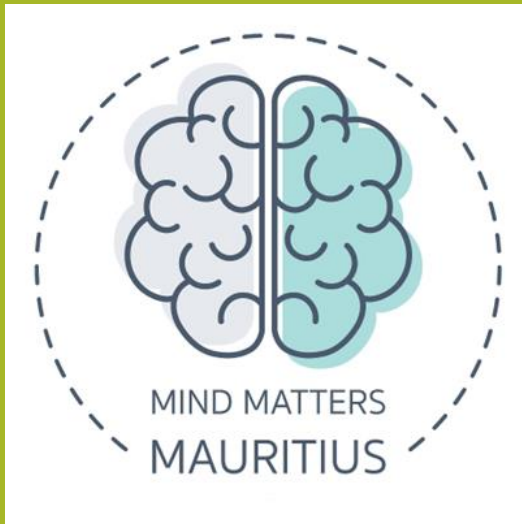


MENTAL HEALTH FOR MIGRANT WORKERS



OKUP
a grassroot migrants' organization

**WE ARE WITH
YOU TO LISTEN
TO YOUR PAIN
AND TO
SUPPORT YOU**

How will you know your mental state?

PLEASE FOLLOW THE NEXT SLIDES TO 'DIAGNOSE'
YOUR MENTAL HEALTH STATUS
AND FIND OUT 'WHAT TO DO' TO KEEP YOUR
MENTAL HEALTH SOUND



'STRESS' / 'MENTAL STRESS'

Types of mental health problems

There are many causes of mental '**Stress**'.

General causes of 'stress' are:

- Feeling troubled
- Feeling uneasy
- Feeling unsafe
- Feeling life gets too much

Being a migrant worker staying far away from home, living in a different condition, having workload and other difficulties, You need to diagnose your **causes of mental stress** carefully so that it does give correct direction.

There are two categories of **Symptoms** of mental **'STRESS'** – (i) Physical Symptoms and (ii) Emotional Symptoms.

Physical Symptoms are:

- Headache – Neck and back pain, shoulder pain, stomach pain
- Not wanting to eat and drink
- Dry throat
- Sleeping problem
- Loss of appetite
- Feeling weak
- Skin dries up – rashes, infections, bowel issues

Emotional Symptoms are:

- Irritation – feeling uncomfortable to anything
- Fear – feeling something burden to do, disliking, harmful or dangerous
- Sadness
- Anger

Remember that **STRESS** is **Normal**. It can happen to any person at any time in life. So, it is better that you **LEARN** how to manage it carefully

STRESS management

Remember that STRESS is **Normal**. It can happen to any person at any time in life.

But first you need to **LEARN** about the symptoms and **IDENTIFY** them carefully by assessing your physical and emotional feelings and changes over a due period.

STRESS management

EVERYONE HAS HIS OWN WAY TO DEALING WITH STRESS. SO, BEFORE GOING TO A DOCTOR, IT IS BETTER TO HANDLE THE PROBLEMS BY YOURSELF.

JUST FEW THINGS THAT YOU CAN **FOLLOW TO DEAL WITH STRESS** ARE:

- Concentrate on your work
- Take a short break
- Share your stress with someone you trust
- Do some physical/breathing exercise i.e. walking
- Listen to/watch what you like most i.e. music, poetry, comedy, movie, drama etc.
- Call someone and talk to him/her over phone
- Cook your favorite dish
- Take a good shower
- Pray to keep your mind calm



'DEPRESSION'

Types of mental health problems

THE GENERAL SYMPTOMS OF DEPRESSION ARE:

- Depressive mood most of the day, nearly everyday
- Markedly diminished interest or pleasure in all
- Significant weight loss or weight gain
- Insomnia or hypersomnia
- A reduction of physical movement
- Fatigue or loss of energy, nearly everyday
- Recurrent thoughts of death or suicidal ideation

Remember that if any **FIVE** symptoms mentioned above last for at least two consecutive weeks, then you may be suffering from 'depression'.

Depression management

If you diagnose your problem carefully and consider that you have symptoms relating to DEPRESSION, do the following:

- Cherish your good memories with old photos of your loving one
- Think positively
- Do some movement and get fresh air
- Do your routine works
- Honor your hunger
- Take fresh vegetables and fruits
- Avoid alcohol or coffee
- Avoid sad songs and movies
- Speak to your friends and family members over phone/visit them in person



'ANXIETY'

Types of mental health problems

THE GENERAL SYMPTOMS OF 'ANXIETY' ARE:

- Excessive worry
- Restlessness
- More fatigue than usual
- Irritability

- Difficulty in sleeping
- Increased muscle aches

ANXIETY Management

If you diagnose your problem carefully and consider that you have symptoms relating to **ANXIETY**, You must follow to the following:

- Stop over thinking what makes you anxious or worried
- Eat fresh and green vegetables and fruits
- Stop or reduce smoking
- Drink enough water
- Avoid alcohol and other types of drinking
- Avoid added sugar in any food
- Speak out with assertive sentence
- Try to say “NO” when something feels like a burden
- Try to relax



Selfcare

*Selfcare is the best way to maintain a **sound 'mental health'***

Tips:

Try to keep your mind positive

Smile and stay fresh all the time

Share your feelings with someone you trust

Wake up and sleep early

A short stroll can clear your head

Allow yourself to enjoy nature

Listen to/watch whatever you like most to do

Take the time to call a friend who makes you feel good

No alcohol/smoking

Eat healthy 3 times a day

Visit your doctor when needed

You **MUST** identify your problems exactly, and deal with them carefully by doing what you like most to do and feel better.

VISIT your doctor when you feel it needed.

REMEMBER that every person does not have same symptoms, some people cannot feel the symptoms, every person does not have same capacity to absorb and adjust with the difficulties.

REMEMBER that the liking and disliking of every person is not same, therefore, there is no 'hard and fast' rules to deal with mental health issues.

Remember that it takes time.

Remember who you are and your purpose in life

**Be kind to yourself
Share your burdens
Share your joys
You are not alone**



Need to talk?

FOR WORKERS
FROM
BANGLADESH

- If you **NEED** to talk, please **CALL** to **OKUP Helpline** @+88 01842 773300 during Bangladesh Office time 9 am to 5 pm from Saturday to Thursday only.
- You can visit OKUP WEBSITE @ www.okup.org.bd **TO GET FURTHER** information relating to mental health issues or <https://www.mind-matters-mauritius.org> **FOR RESOURCES**
- You can search **Ovibashi Karmi Unnayan Program** @ Youtube and facebook for further information and materials

FOR WORKERS
FROM
MADAGASCAR

TBC

IF YOU SPEAK
FRENCH OR
CREOLE

- Contact Life Plus (part of the Ministry of Social Security Mauritius)

Dial **188** (landline)

(+230) 54665310 (mobile phone)

24 hour service free & confidential

Email: lifepius@govmu.org

- National emergency number: **112**
- Befrienders Mauritius (Befrienders Mauritius offer a limited-hour crisis helpline for English and French speakers)

Tel: **+230 800 9393** (available from 09:00 to 21:00 daily)

OTHERS

- You can speak to your supervisor/team leader if you are comfortable
- If you go to Mosque/Church, you can speak to the Priest or Imam

If you have any questions about the contents of this presentation,
please contact

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