



COVID-19 PSYCHOLOGICAL WELLNESS GUIDE:

Immigrant Populations

Version 2, 5/3/2020

It is common and normal to feel stressed during the COVID-19 pandemic because of the rapid changes and the uncertain nature of the situation. The pandemic may be uniquely stressful for individuals who are undocumented, are going through the legal immigration process, or are separated from friends and family who are in a different county. If you are in one or more of these groups, in addition to dealing with the physical danger of the virus, you may feel disconnected, financially stressed, and have difficulty or concerns about seeking and receiving appropriate medical or mental health care. You also may have experienced more discrimination. As a result of these challenges, you may have a lot of anxiety, sadness, and problems sleeping. Even when you don't have full control of a situation, there are things you can do to feel better. Here are some tips to help you cope better during this difficult and scary time. Helpful resources are also included.

Seek Medical Care When Needed

- Contact a doctor or go to a community health center if you do not feel well or have physical or mental health problems
 - Community Health Centers provide primary and preventive health care to everyone regardless of their immigration status or ability to pay
- Go to the hospital if you are experiencing extreme illness
- Seek medical care when needed
 - ICE has made a [statement](#) that they will not enforce immigration policies or near health facilities
 - USCIS has [stated](#) seeking treatment will not impact a Public Charge analysis of hurt ability to apply for a green card

Seek Financial Assistance When Needed

- Find out if you can receive support under the [Families First Coronavirus Response Act](#) and the [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) as [outlined by the National Immigrant Law Center](#)

EMORY

 **Grady**

 **MOREHOUSE**
SCHOOL OF MEDICINE



- Investigate local resources that may provide additional financial assistance
- Connect with local advocacy organizations
 - ActionNYC hotline at **800-354-0365**
 - Metro Atlanta [Resources](#)

Maintain Social Support

- Remember physical distancing does not mean social isolation!
- Reach out to family, friends, or coworkers with regular phone calls, or if possible, by using virtual hangouts (e.g., Facetime, Skype)
- Let people know if you need extra support or understanding from them
- Reach out and connect with your religious or spiritual support network
 - Contact a spiritual leader or someone in your faith community
 - Stream religious/spiritual services online

Stand Against COVID-19 Prejudice or Discrimination

- Get and share with others accurate information about COVID-19 – it is not linked with any race or nationality
- Intervene only when it's safe to do so (see resource below for a bystander Intervention virtual training)
- Report hate crimes you experienced or witnessed to local law enforcement
- Reach out for psychological support if you or your family are stressed because of harassment or discrimination

Take Care of Yourself

- Set a daily routine and goals
 - Have a schedule each day that includes time with people, relaxation, exercise, work/schoolwork or chores, and news updates from trusted sources
 - Set goals for each day and steps to reach each goal



- Praise yourself for every step in the right direction, no matter how small
- Take your “emotional temperature”
 - Imagine a thermometer from 0 to 100 degrees, with 100 degrees being the most stressed you have ever felt
 - Decide for yourself an emotional temperature that means you are too stressed and need help
 - Get help from family or friends or psychological support from professionals when your emotional temperature goes too high or you are having a hard time doing the things you need to do
- Recognize what you can and cannot control
 - Write down your worries
 - Decide which worries you can control
 - Write down the steps you can take to reduce each worry
 - Try to let things go that are out of your control
- Focus on positive thoughts
 - Limit your worry time – take only 15 minutes each day to worry
 - Take time each day to think about, write about, or share the things you are grateful for
- Be Kind
 - Be kind to yourself, even when you are having a hard time or make mistakes, and remember some days you will accomplish more than others
 - Be kind to others, even when they are having a hard time or make mistakes
 - Help other people



Information about COVID-19 in Non-English Languages

- <https://wwwn.cdc.gov/pubs/other-languages?Sort=Lang%3A%3Aasc>
- <https://covid19healthliteracyproject.com/#languages>
- <https://www.vumc.org/coronavirus/other-languages-non-english-translations>
- <https://deohs.washington.edu/edge/blog/novel-coronavirus-videos-released-five-languages>
- <https://www.parentcenterhub.org/cv19-languages/>
- <https://www.rescue.org/announcement/covid-19-info-14-languages>

Additional Helpful Resources

- NAMI COVID-19 Resource and Information Guide: www.nami.org/covid-19
- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- World Health Organization: <https://www.who.int/publications-detail/mental-health-and-psychosocial-considerations-during-the-covid-19-outbreak>
- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/coronavirus>
- Mental Health America: <https://mhanational.org/covid19>
- Asian Americans Advancing Justice: <https://advancingjustice-aajc.org/covid19>
- Georgia Asylum and Immigration Network (GAIN): <https://georgiaasylum.org/>
- Kids in Need of Defense (KIND): <https://supportkind.org/>
- Tahirih Justice Center: <https://www.tahirih.org/>
- Southern Poverty Law Center (SPLC): <https://www.splcenter.org/issues/immigrant-justice>
- El Refugio: <https://www.elrefugiostewart.org/>
- Catholic Charities Atlanta: <https://catholiccharitiesatlanta.org/immigration-legal-services/>



- Center for Victims of Torture <https://www.cvt.org/>
- COVID-19 Atlanta Community Resource Guide (available in multiple languages): <https://advancingjustice-atlanta.org/tab/show/38>
- Bystander Intervention Resources:
 - Show Up – Bystander Intervention Guide: https://www.ihollaback.org/app/uploads/2016/11/Show-Up_CUPxHollaback.pdf
 - Virtual Training: <https://advancingjustice-ajc.org/events>
- Government links to check operational status of pending immigration cases:
 - <https://www.uscis.gov/about-us/uscis-response-coronavirus-2019-covid-19>
 - <https://www.justice.gov/eoir/eoir-operational-status-during-coronavirus-pandemic>
 - <https://travel.state.gov/content/travel/en/us-visas.html>
- Resources for Immigrants during the coronavirus crisis:
 - <https://www.informedimmigrant.com/guides/coronavirus/#>
 - https://docs.google.com/spreadsheets/d/18p9OSILpSYanloUC-gEbh-VbRMYVUfw4wyrixa9ekGdc/htmlview?fbclid=IwAR0XA2EPzhFFccnkr_CqGeFBhYgcF-OZrcEInP1WLMWO8oKm2HVnPmkbaw#gid=0
 - <https://www.gcir.org/coronavirus/resources-for-immigrants>
 - https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/?link_id=1&can_id=6f09af8ae7bfa09efed-67a2c9b688b36&source=email-covid-19-resources-for-you-firstname-default-friend&email_referrer=email_771862&email_subject=covid-19-resources-for-you-firstname-default-friend
- Overview of available federal public programs available for immigrant/undocumented persons community:
 - https://protectingimmigrantfamilies.org/immigrant-eligibility-for-public-programs-during-covid-19/?fbclid=IwAR2gfa5z8W22gkQztQ8zDMYr1Bg46_WQCSTXGhE3bEni5JLpOVTuKM6kC6c
 - <https://www.nilc.org/issues/economic-support/impact-of-covid19-relief-bills-on-immigrant-communities/>