

# Refugee Mental Health

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# Definitions

- A refugee is someone who has been forced to flee conflict or persecution and has crossed an international border to seek safety. They cannot return to their country without risking their life or freedoms.
  - When someone crosses an international border seeking safety, they often need to apply to be legally recognized as a refugee. While they seek asylum and await the outcome of their application, they are referred to as asylum-seekers.
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# Definitions

- Internally displaced people (IDPs) have been forced to flee their homes by conflict, violence, persecution or disasters, however, unlike refugees, they remain within their own country.
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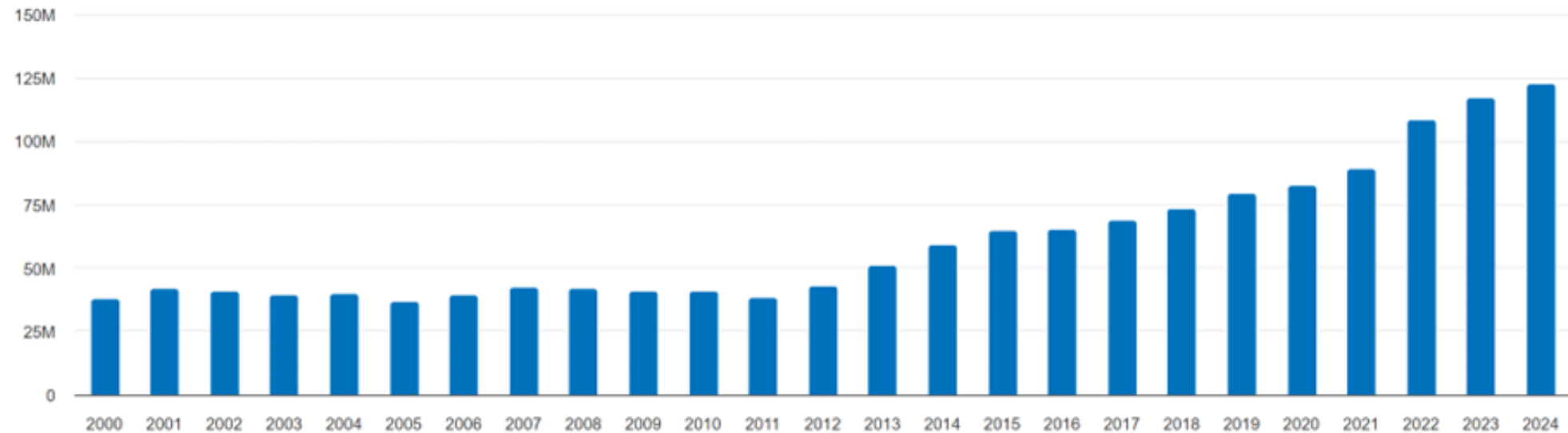
# UNHCR Data on Refugees

**122.6** MILLION  
people

**4.5%** INCREASE  
compared to previous year

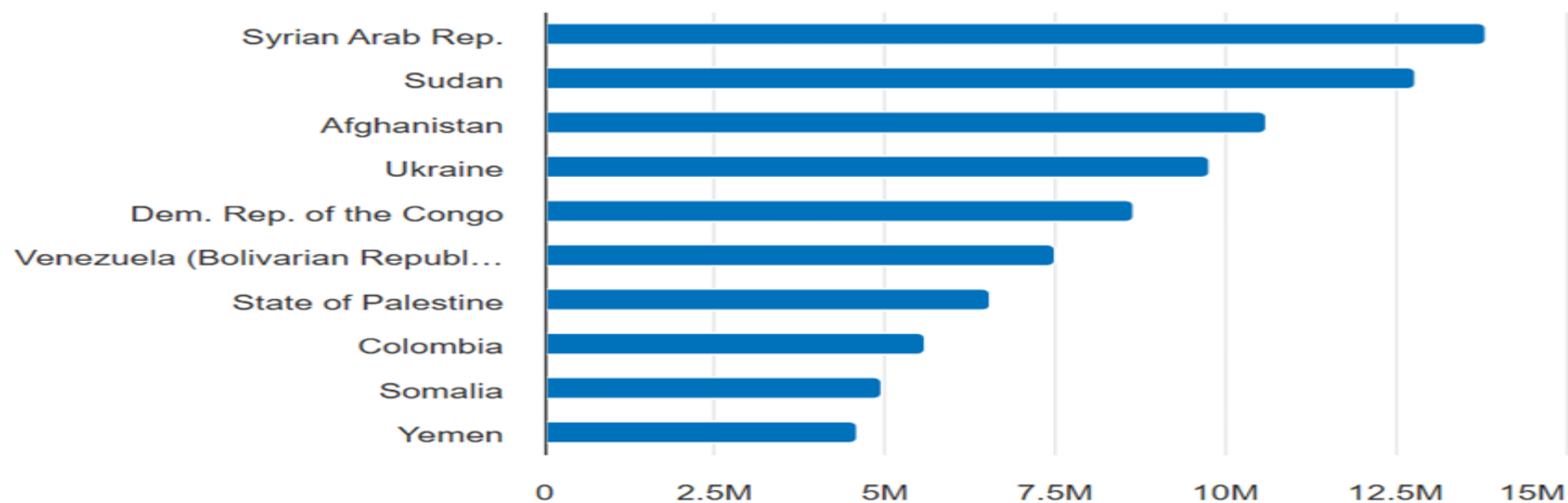
**179**  
countries of origin

## Trends



# UNHCR Data on Refugees

## Country of origin (top 10)





# UNHCR Data on Refugees

- 69 per cent of refugees and other people in need of international protection lived in countries neighbouring their countries of origin.
  - Most refugees want to return home once it is safe to do so. In the first six months of 2024, 433,600 were able to.
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# UNHCR Data on Refugees

- The average length of time that refugees spend in camps varies depending on the crisis. In protracted refugee situations - where mass displacement has affected a country for five years or more -, refugees may spend years and even decades living in camps and it is common to have entire generations growing up in the camps. One example is the Afghan refugee situation, now in its fifth decade.
  - Most refugees(approx. 78%) live in cities as they can live autonomously and find employment.
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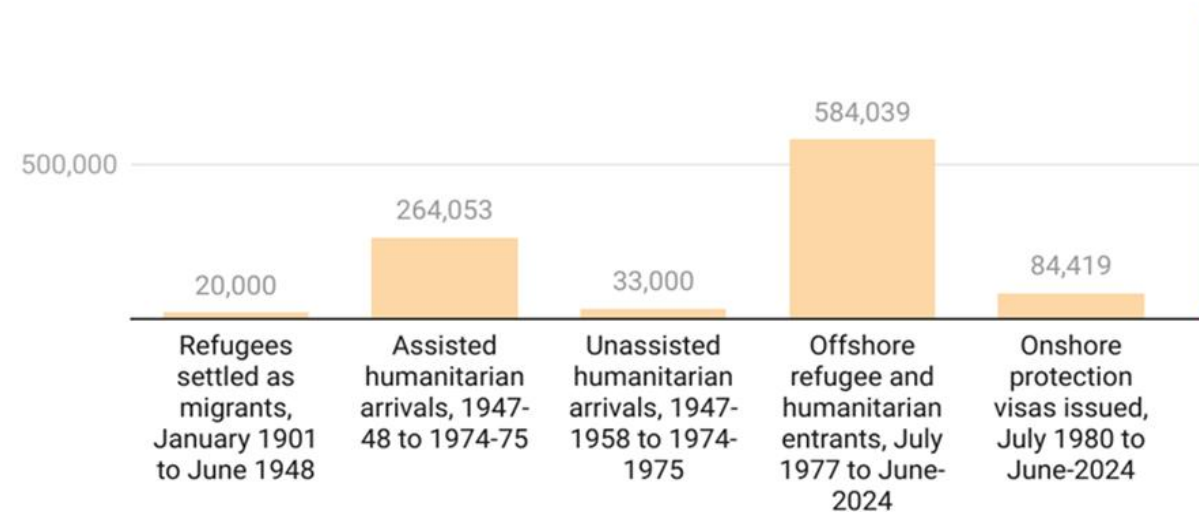
# UNHCR Data on Refugees

- Some of the world's largest refugee camps are: Kutupalong-Balukhali expansion site (Bangladesh), Bidi Bidi refugee camp (Uganda), Dadaab and Kakuma refugee camps (Kenya), Azraq and Zaatari refugee camps (Jordan), Nyarugusu, Nduta, and Mtendeli refugee camps (Tanzania) and Kebribeyah; Aw-barre and Sheder refugee camps (Ethiopia).
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# Australia Data on Refugees

## Refugees since 1901



- Refugees come permanently to Australia either through the Humanitarian Settlement Program (HSP), Community Refugee Integration and Settlement Pilot (CRISP), Community Support Program (CSP).

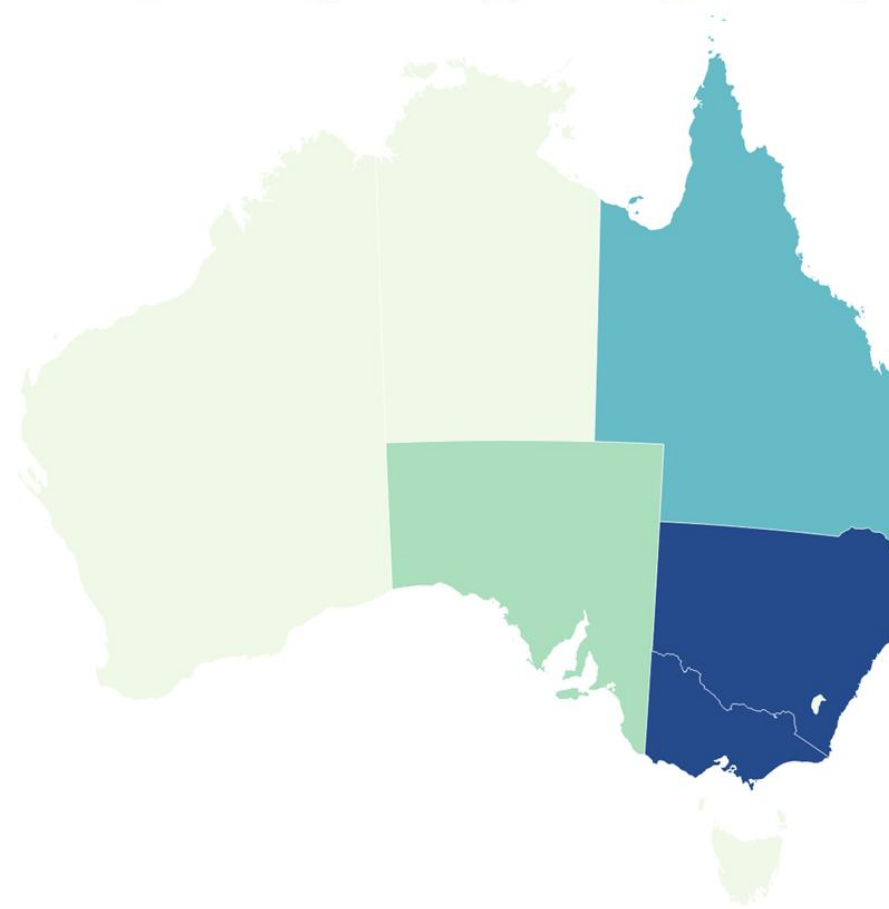
*Estimates for the first three columns based on official sources; next two columns from Department of Home Affairs's Historical Migration Statistics, Table 4.1.*

Chart: Refugee Council of Australia • Source: Combined sources • Created with Datawrapper

## Humanitarian settlement by state or territory

Total number settled on humanitarian visas in the past 10 financial years, by current territory

< 10000   10000–20000   20000–30000   30000–40000   40000–50000   ≥ 50000



Map: Refugee Council of Australia • Source: Department of Home Affairs, Last ten financial years of settlement migration stream • Created with Datawrapper

## The age of people who settled on humanitarian visas

Total number settled over past five financial years, by age group

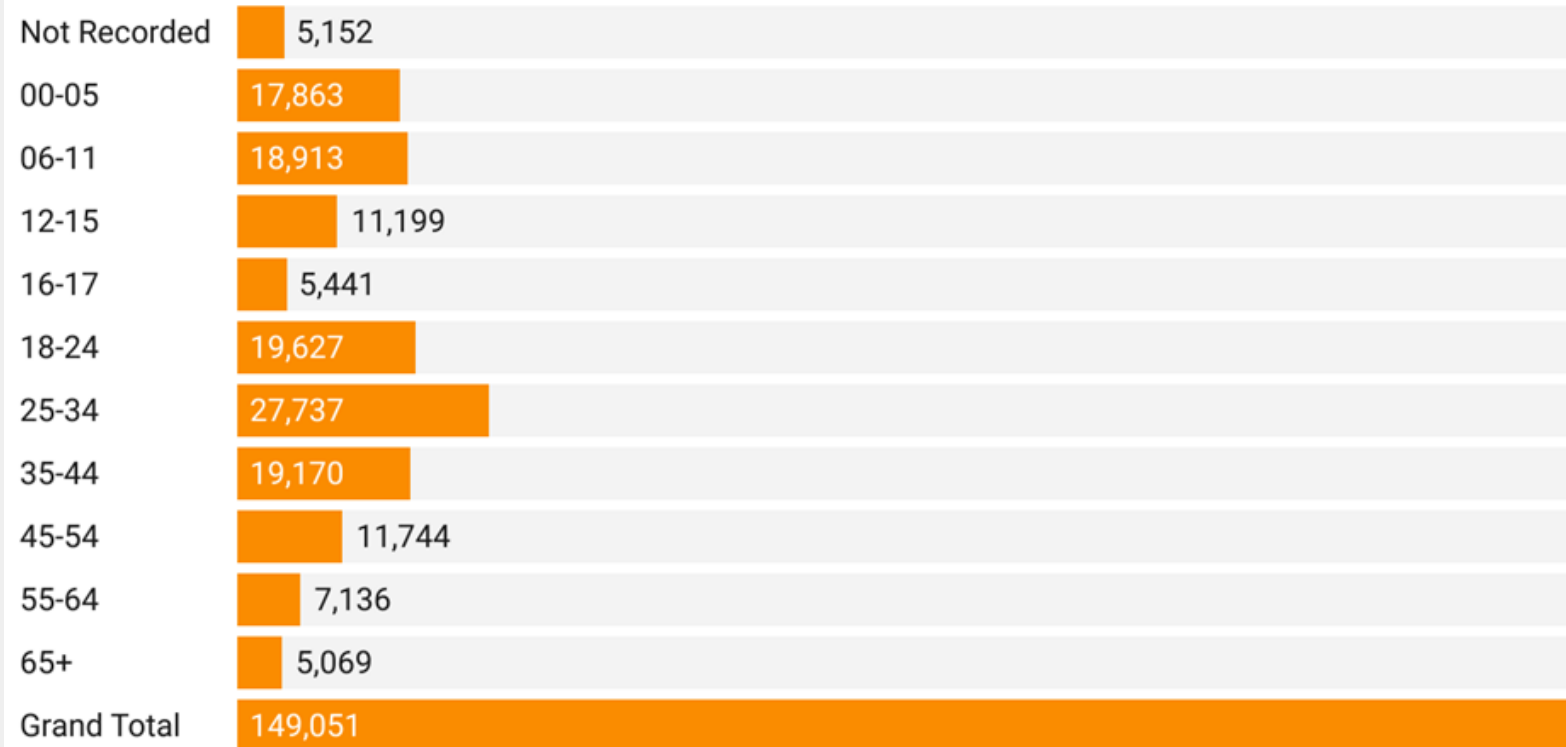


Chart: Refugee Council of Australia • Source: Department of Home Affairs, Last 10 Financial Years by Migration Streams • Created with Datawrapper




# Phases of migration

- Pre-migration: Encompasses the activities that occur in the community before leaving their home.
  - Trans-migration: Includes the activities that occur in the process of fleeing from home to some place of safety.
  - Post-migration: Defines the activities that occur after flight that hopefully will provide safety. That might be registering at a refugee camp
  - Integration and settlement: the new host country being the new home.
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# Role of HSP, RAHAC, Phoenix Centre

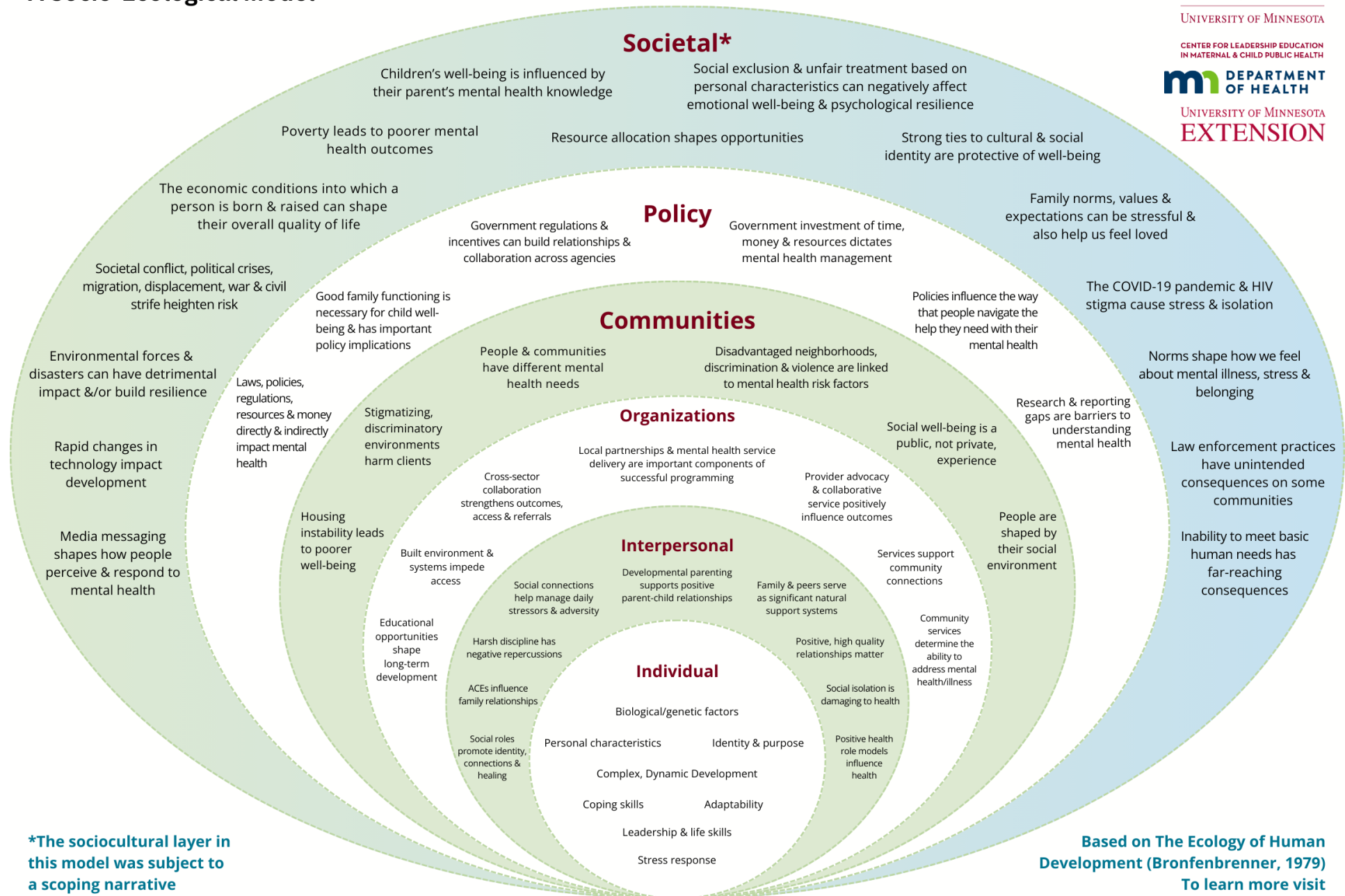
- HSP: Support is delivered through an individualized case management approach tailored to each client's needs, strengths, and goals.
  - RAHAC: The clinic facilitates limited physical health screening for people arriving in Tasmania from a refugee background and assists with navigating RHH services if needed.
  - Phoenix Centre: Provides individual mental health and wellbeing support, mental health promotion, prevention and early intervention, and capacity building activities to people from a Culturally and Linguistically Diverse (CALD) background.
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# Socio-ecological model: Looking at the risk factors, protective factors gaps and where to from here

- The socio-ecological model was created to visually illustrate individual, family, organization, community, and societal factors that influence individual mental health and well-being.
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# Mental Health & Well-being: A Socio-Ecological Model



\*The sociocultural layer in this model was subject to a scoping narrative literature review

Based on The Ecology of Human Development (Bronfenbrenner, 1979)  
To learn more visit [z.umn.edu/mhecomodel](https://z.umn.edu/mhecomodel)



# Tasmania's Multicultural Action Plan

- Tasmania's Multicultural Action Plan 2025-2029 was released on 28<sup>th</sup> March 2025. Theme: Embracing Diversity, Fostering Belonging.
  - SMHS specific responsibilities.-
    - 1) DoH's Statewide Mental Health Services will increase mental health related resources available in other languages. DoH will continue to provide interpreting and translation services in accordance with Multicultural Language Service Guidelines for Tasmanian Government Agencies
    - 2) DoH's Statewide Mental Health Services will: Collaborate with the sector to develop specific mental health initiatives to ensure that mental health services are culturally safe and appropriate for the different population. Promote DoH-approved online learning resources (Culture, Language and Health) training to Community Sector Organisations.
    - 3) DoH's Statewide Mental Health Services will continue to provide Mother and Baby Unit and Perinatal Mental Health Services.
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# SMHS Strategic Priorities 2024-2027

- **Growing Connections**
  - **Operational Imperatives**
  - Collaborate with Primary Health and wellness clinics to promote mental health in the community.
  - **Strategic Choices**
  - Review our cultural appropriateness, ensuring a welcoming supportive and inclusive approach to statewide mental health (e.g. Aboriginal and Torres Strait Islander, LGBTIQA+, CALD, Disability).
  - We will seek to learn from traditional ways of connecting using contemporary means.
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**Refugee Week**

Coordinated by  
Refugee Council of Australia

**15 - 21 June 2025**

Finding Freedom:  
Diversity in Community



refugeeweek.org.au | #RefugeeWeekAU

Arifa (L) and Arozo (R) are former refugees from Afghanistan.  
Read what finding freedom means to them at [refugeeweek.org.au](https://refugeeweek.org.au). Photography by Damon AMB.

Coordinated by



Event Partners



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Find out more:





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  - The Relationship Between Post-Migration Stress and Psychological Disorders in Refugees and Asylum Seekers Susan S Y Li, Belinda J Liddell, Angela Nickerson
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