

Mental Health Support for Immigrant Students



Many immigrant students live with high levels of stress. Here's how schools can help.

Symptoms of Distress

Students may experience:

- Anxiety, fear, and worry
- Depression and sadness
- Hopelessness
- Lack of motivation
- Social withdrawal
- Sleeplessness and headaches

Issues of Concern

Students' concerns may include:

- Uncertainty about the future
- Changes to immigration status as policies change
- Possible detention of family members or themselves
- Going out in public or to school

If Relatives Are Detained

Immigrant students may be:

- Dealing with trauma
- Navigating legal issues
- Responsible for family finances and caretaking
- At risk of homelessness, food insecurity, and health issues
- In the care of siblings, relatives, neighbors, or designated guardians

What Schools Can Do

- Help students maintain routines.
- Create support teams with mental health professionals and community partners.
- Ensure that families understand school policies related to ensuring student safety.
- Provide staff training on trauma.
- Share resources with families in ways that respect privacy (e.g., websites, newsletters).

To see more ideas, see our related [online article](#).

