

## How to Deal with Immigration-Related Stress, Fear, and Anxiety

- ✓ **Seek Counseling:** Many nonprofits offer free or low-cost mental health services for undocumented individuals.
- ✓ **Connect with Community:** Join support groups or community organizations to share experiences and build a support network.
- ✓ **Stay Informed:** Learn about your rights and resources to feel more empowered.
- ✓ **Create a Safety Plan:** Identify safe spaces, emergency contacts, and trusted allies in your community.
- ✓ **Talk to School Staff:** Many schools have counselors or liaisons who can provide support and ensure a safe environment.
- ✓ **Know Your Rights:** Students have the right to attend school regardless of immigration status.
- ✓ **Join Student Groups:** Participate in clubs or organizations that advocate for immigrant rights.
- ✓ **Practice Mindfulness:** Techniques like meditation, deep breathing, or yoga can help reduce stress.
- ✓ **Stay Active:** Regular exercise can improve mood and reduce anxiety.
- ✓ **Maintain a Routine:** Structure your day to create a sense of stability.

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## Resources

- ✓ **School-Based Support:** Reach out to your school's counseling office or immigrant liaison
- ✓ **Mindfulness and Meditation Apps:** Headspace: [www.headspace.com](http://www.headspace.com) · Calm: [www.calm.com](http://www.calm.com).
- ✓ **Hotlines:** Call mental health hotlines for immediate support, such as the National Suicide Prevention Lifeline at 1-800-273-8255.

## Mental Health Services

- ✓ **The Door:** 1-212-941-9090, [www.door.org](http://www.door.org).
- ✓ **Community Healthcare Network:** 1-212-545-2500, [www.chnnyc.org](http://www.chnnyc.org).
- ✓ **Therapy for Latinx:** [www.therapyforlatinx.com](http://www.therapyforlatinx.com).
- ✓ **NYC Well:** 1-888-692-9355, [www.nycwell.cityofnewyork.us](http://www.nycwell.cityofnewyork.us).
- ✓ **United We Dream, Undocuhealth and Wellness:** The UndocuHealth Program Resilience and Community Care Toolkit · Mental Health Directory