

LANGUAGE AND MENTAL HEALTH

RECOMMENDATIONS

- 1) In order to assess client's mental health needs the professional must overcome the language barriers:
 - a. Utilize professional interpreters
 - b. The interpreter take into consideration the cultural context
- 2) Be aware that many medical conditions experienced by some immigrants reflect their economic situation, poor nutrition, substandard housing.
- 3) Select physicians, psychiatrist and /or psychologists who are sensitive to and aware of the health and mental conditions common to immigrants.
- 4) Be aware of folk illness among some immigrants. Also the use of traditional remedies and "healers".
- 5) Consult with ethnic minority mental health specialist or refer to a bilingual therapist.
- 6) Become aware of and deal with the biases, stereotypes, and assumptions that would influence negatively their practice.
- 7) Become aware of the culturally different individual's values, beliefs and Worldview.
- 8) Develop or utilize culturally appropriate interventions/strategies.