

HIRA

NO. 1 - JUNE 2024 | FIRST YOUTH MAGAZINE SPECIALIZED IN MIGRATION
MIGRATION AND MENTAL HEALTH - NO. 1 - JUNE 2024

IDEA & YOUTH FOUNDER: **YOUSSEF GRANT**

OUR FIRST PUBLIC FIGURE
AMB. NABILA MAKRAM!
FORMER MINISTER OF IMMIGRATION
AND EGYPTIAN EXPATRIATES

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MAGAZINE
SPECIALIZED IN
MIGRATION!

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طيور تأتي وتروح.. تذهب وتغادر.. تنطلق وتحط..
منها من أعد العدة وحدد الوجهة واختار الصخرة..
فيروح بحثاً عن الدفء والبرغد والأمان ثم يعود أدراجه..
ومنهم من يقرر الذهاب ولا يأخذ بالأسباب فيجابه الصعاب..
يضل الطريق أو يفقد الأصحاب أو يسقط في الشباك..
وهكذا هم البشر ارتبطوا بظاهرة الهجرة منذ الأزل، ومن هنا ظهرت الحاجة لدراساتها،
وتحليلها، واتخاذ القرارات بشأنها..
فهنيئاً لوحدة دراسات الهجرة بالكلية إصدار المجلة الغراء "هجرة".
مع أرق تحياتي - حنان محمد علي



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اليوم تولد أول مجلة طلابية شبابية بداية من الفكرة والاسم والتصميم والموضوع
تناقش قضايا الهجرة سلبياتها وإيجابياتها وتعكس آراء الشباب وطموحاتهم المستقبلية.
سعيدة بفريق العمل وأحييهم على جهودهم



MR. CARLOS OLIVER CRUZ

Cheif of Mission of the International Organization for Migration in Egypt

Congratulations to the students of the Faculty of Economics & Political Science for the launch of Hijra Magazine in partnership with Cairo University & the International Organization for Migration (IOM) in Egypt. This milestone represents a significant step towards more impactful research and knowledge exchange in the field of migration. We look forward to a continued partnership and enhanced collaboration and initiatives to address migration challenges.



السفيرة. نائلة جبر

رئيس اللجنة الوطنية التنسيقية لمكافحة ومنع الهجرة غير الشرعية والاقتصاد بالبشر

سعيدة بالتواصل مع الشباب عن طريق مجلة "هجرة" التي تقدم نموذجاً مبتكراً للحوار
الموضوعي... فكر جديد يطرح القضية بكافة أبعادها... يضع تصورات للحلول والبدائل.
ونحن في إطار اللجنة الوطنية التنسيقية لمكافحة ومنع الهجرة غير الشرعية والاتجار
بالبشر على أتم استعداد لنكون طرفاً في هذا الحوار البناء لرفع الوعي عن مخاطر الهجرة
غير الشرعية والتنويه عن الأنشطة المتاحة التي تمثل فرص عمل للشباب المصري.
فقضية الهجرة اليوم وغداً قضية الساعة في كثير من بلدان العالم النامي.. فلنبداً حوارنا.



أ.د. أماني مسعود

رئيس قسم العلوم السياسية، كلية الاقتصاد والعلوم السياسية بجامعة القاهرة

كشعاع الشمس في يوم ممطر، تجيء مجلة هجرة لتضيف أيقونة جديدة إلى إبداعات كلية الاقتصاد والعلوم السياسية/ جامعة القاهرة.



فبدعم لانهائي من وحدة الهجرة، أساتذة كلية الاقتصاد وجامعة القاهرة، والمؤسسات المتخصصة، والشخصيات العامة، سعى الشباب لإصدار العدد الأول للمجلة في يونيو 2024 والتي لاتسد فقط فجوة معرفية في قضية الهجرة، بل تعكس رؤية شبابية متماسكة للمتعاظم مع أبعاد وقضايا الهجرة. لقد حان الوقت أن نفتخر بشبابنا الذين بمجملتهم صاروا كشعاع نور في نهاية نفق المعرفة.

أ.د. ماجد عثمان

وزير الاتصالات وتكنولوجيا المعلومات الأسبق بجمهورية مصر العربية

سعيد جدا بظهور مجلة هجرة ليس فقط لأنها تتناول موضوع على قدر كبير من الأهمية لمصر وللمنطقة العربية والتي بها أكبر عدد من المهاجرين مقارنة بباقي مناطق العالم، ولكن سعادتي مضاعفة لأن أصحاب هذا المحتوى الفكري هم الشباب المعلق عليهم الآمال لصناعة مستقبل أفضل. تقديري لهم وشكر خاص للأستاذة الدكتورة عادل رجب لتمكين الشباب من التأثير في السياسات العامة وفي الشأن العام.



أ.د. ممدوح إسماعيل

وكيل الكلية لشئون خدمة المجتمع وتنمية البيئة، كلية الاقتصاد والعلوم السياسية، جامعة القاهرة

يشرفني المشاركة في أول مجلة طلابية متخصصة في الهجرة، وأثني على الجهد المبذول من كل القائمين على وحدة دراسات الهجرة بالكلية بتنسيق متفرد من الأستاذة الدكتورة/ عادل رجب وفريق عملها المتميز، وشراكة واعية من المنظمة الدولية للهجرة. ويتبدى جلياً من رؤية ورسالة المجلة أنها تستهدف تسليط الضوء على مؤشرات رصد وقياس الهجرة في سياق أهداف التنمية المستدامة ورؤية مصر ٢٠٣٠، من خلال تحليل الموقف الخاص بالهجرة عموماً، والهجرة غير النظامية خصوصاً على كافة المستويات دولياً، ومحلياً، وتصميم البدائل وتقييمها، وتقديم التوصيات والمقترحات التشغيلية بما يدعم صناع القرار في تجويد سياسات الهجرة في مصر. وبهذا، تسهم المجلة بحق في صقل الشخصية المتكاملة للطالب، بدلاً من الانغماس في التعليم النظامي فقط، بما ينعكس في تنمية معارفه، وبناء قدراته ومهاراته، وتغيير اتجاهاته. وتتضمن المجلة كذلك أبواباً فريدة متضمنة في قضايا الهجرة من قبيل تمكين المرأة، وذوي الإعاقة، والفئات الأكثر احتياجاً عموماً.



وختاماً، أتقدم بالتهنئة للقائمين على المجلة بمناسبة صدور العدد الأول من هذه المجلة الواعدة، متمنياً لهم كل توفيق وتقدم في خدمة كليتنا الأثيرة...كلية الاقتصاد والعلوم السياسية، وجامعتنا الرائدة...جامعة القاهرة، ووطننا الحبيب...مصر.

أ.د. كمال سليم

القائم بأعمال رئيس قسم الحوسبة الاجتماعية، كلية الاقتصاد والعلوم السياسية، جامعة القاهرة

هجرة الإنسان وانتقاله من بيئته الأصلية لبيئة أخرى سواء طوعية- سعياً للعيش في ظروف اجتماعية أو اقتصادية أفضل، أو قسراً- هرباً من الحروب والكوارث والصراعات العرقية، هي ظاهرة متأصلة في المجتمعات البشرية منذ نشأتها الأولى، وليس خافياً على المهتمين والباحثين كم التراكم المعلوماتي والمعرفي الهائل عن هذه الظاهرة ومسبباتها ونتائجها، فضلاً عن كونها مجالاً خصبا وواعداً لدراسات مستقبلية تبني منهجيات النمذجة والمحاكاة والحوسبة الاجتماعية.



وإني وقد شرفت بعضوية مجلس التحرير أتمنى كل النجاح والتوفيق لمجلة هجرة ولكل القائمين عليها.

يوسف جرانت يونان

المؤسس الشبابي وصاحب فكرة ه. ج. رة - طالب علوم سياسية بكلية الاقتصاد والعلوم السياسية، جامعة القاهرة

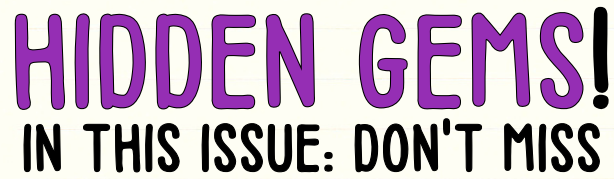

إلى قرائنا الأعزاء،

يسرني ويسعدني أن أقدم لكم مجلة "ه. ج. رة"، أول مجلة إلكترونية شبابية متخصصة في قضايا الهجرة. "ه. ج. رة" ليست مجرد مجلة؛ إنها مشروع طموح بدأ بفكرة وسرعان ما تحول إلى منبر يهدف إلى تقديم فهم أعمق وشامل لأحد أهم القضايا العالمية التي تؤثر في حياتنا اليومية، إذ باتت قضية تتجاوز الحدود والثقافات والأديان وشملت تأثيرها الفرد والمجتمع على حد سواء. وفي ضوء تزايد التحديات والتغيرات العالمية، نجيب نحن لنسلط الضوء على هذه القضايا من منظور شبابي جديد ومبتكر، يجمع بين التحليل الأكاديمي والرؤية العملية.



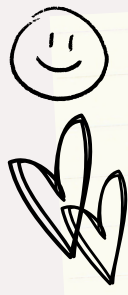
لقد عملنا بجد مع فريق متميز من الشباب الطموح والمبدع، بالتعاون مع أساتذة مرموقين وخبراء في مجالات متعددة، لنقدم لكم محتوى ثرياً ومتعدد الجوانب. نشكر بشدة الرعاية والإشراف الكريمين من قبل الجهات العريقة التي دعمتنا وأتاحت لنا الفرصة لتحقيق هذا الحلم فلولاكم ما كنا هنا، وأخص بالذكر جميع أساتذتي أعضاء هيئة التحرير أولئك الذين أثروا المجلة وأضافوا لي الكثير على المستوى الشخصي والأكاديمي.

أخيراً، أود أن أشكر جميع من ساهم في إطلاق هذا المشروع، وأدعوكم جميعاً للانضمام إلينا في هذه الرحلة المثيرة... دعونا نبدأ عصرًا جديدًا للكتابة.

[illegible]

A grid of 16 cartoon characters, each holding a sign that says "Thank you" in a different language. The characters are diverse in appearance, including different skin tones, hair styles, and accessories like sunglasses and glasses. The signs are white with black text. The languages shown are: 1. Japanese (どうも), 2. English (THANK YOU), 3. French (MERCI), 4. Hebrew (תודה), 5. Russian (Спасибо), 6. Spanish (GRACIAS), 7. Chinese (谢谢), 8. Hindi (धन्यवाद), 9. Korean (고맙습니다), 10. Greek (ΕΥΧΑΡΙΣΤΩ), 11. Italian (Grazie), 12. Hungarian (KÖSZÖNÖM), 13. Vietnamese (CẢM ƠN), 14. Arabic (شكرا), 15. Polish (Dziękuję), 16. Dutch (DANK U).





هجرة

01

من نحن؟



مجلة "هجرة" هي أول مجلة شبابية متخصصة في الهجرة، صدرت في يونيو 2024 تحت إشراف وحدة أبحاث ودراسات الهجرة، كلية الاقتصاد والعلوم السياسية بجامعة القاهرة، والمنظمة الدولية للهجرة في مصر. تُنشر المجلة باللغتين العربية والإنجليزية، حتى الآن ؛

02

لماذا

هجرة؟



مصطلح "Hijra" هو الكلمة العربية "هجرة"، ويعكس هويتنا كشباب وباحثين عرب متحمسين لمناقشة قضايا الهجرة من منظور فريد يجمع بين الكتابة الشبابية والأكاديمية. هذا النهج المميز يميز مجلتنا الإلكترونية عن غيرها. ومن الجدير بالذكر أن هذا الإصدار يتزامن مع زيادة عدد المهاجرين في مصر، موطن المجلة، مما يضع مسؤولية إضافية على قطاعنا المختارة بعناية، ومقالاتنا، وبالطبع محررينا!

المهمة:

رفع الوعي بين الطلاب حول مختلف قضايا الهجرة وتعميق المعرفة بالملفات المتعلقة بالهجرة والتنمية المستدامة.

رؤيتنا

ورسالتنا

03

الرؤية:

خلق مجتمع واعٍ بقضايا الهجرة قادر على التعبير عن وجهات نظره حول ملف الهجرة وربطها بأهداف التنمية المستدامة ورؤية مصر 2030.

CONTENTS LIST:

MIGRATION CAPSULES, PASSANT YASSER HUSSEIN	P.2
INTERVIEWS FILE	
MEET H.E. AMB. NABILA MAKRAM	P.3
FILM RECOMMENDATION, LIANDRA ROBEIR	P.7
ARTICLES FILE	
FORCED TO FLEE, TWICE DISABLED: THE COMPLEX REALITY OF DISPLACED MIGRANTS WITH DISABILITIES, MAHITAB MOHAMED	P.8
PSYCHOLOGICAL REFLECTIONS ON THE PHENOMENON OF MIGRATION, ASSEM AMR	P.12
THE STRANGE LINK: INDIVIDUALISM, CAPITALISM, MIGRATION, AND MENTAL HEALTH, RAZAN SALAH	P.15
EVEN OR UNEVEN RAMIFICATIONS?: CATEGORIZING PSYCHIATRIC VULNERABILITY, , MARIAM AHMED SHOUSHA	P.18
MIGRATION AND CULTURAL IDENTITY: A PSYCHOLOGICAL PERSPECTIVE, SARA SAMEER	P.21
IS MIGRATION GOOD FOR YOU?: CHAPTER REVIEW, NOURHAN YEHA	P.23
ENHANCING MENTAL HEALTH SERVICES FOR REFUGEES IN EGYPT: POLICY PAPER, MUHAMMAD HISHAM	P.25
CARICATURE, MAGY REMON	P.27
TRANSLATING FOREIGN PAPER FILE	
MIGRATION AND MENTAL HEALTH (TUR: ENG), KENZY HASSAN	P.28
A HERO THAT BECOMES AN OUTCAST (FRE: ENG), RAHAF ESSAM	P.29
BREAKING NEWS FILE, MARAWAN SHAABAN	P.30

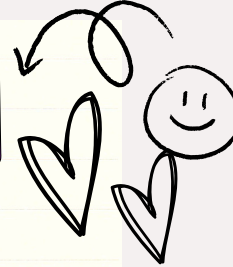
Note

**This magazine expresses the opinions of its editors and does not necessarily reflect
the views of the editorial board or its founding members.**

THE MAGAZINE DEFENDS THE OPINIONS OF ITS EDITORS.



MIGRATION CAPSULES



BY: PASSANT YASSER HUSSEIN - 3RD LEVEL - POLITICAL SCIENCE

01

Migration:

When we hear the word migration, it often brings to mind being inside an airplane, heading towards the country of our dreams. For others, it may evoke images of an inhumane boat carrying individuals across treacherous seas, facing danger at any moment. But is migration always a positive or negative thing? Have we ever stopped to consider what the term migration truly means?

IOM defines migration as the movement of people away from their usual place of residence, either across international borders or within a country.

Currently, there is a lot of talk about sustainable development, but what does sustainable development actually mean? Simply put, sustainable development refers to efficiently utilizing available resources to meet present needs without compromising the rights of future generations. But what is the connection between sustainable development and migration?

In essence, the Sustainable Development Goal No. 10.7 calls for facilitating orderly, safe, regular, and responsible migration and mobility of people through well-managed migration policies. This goal aims to reduce inequalities and ensure migration contributes positively to social and economic development.

02

Migration and Sustainable Development:

According to WHO, mental health is a state of mental and emotional well-being that enables a person to cope with life's pressures, recognize their abilities, work efficiently, and thus contribute effectively to society. Mental health affects our emotions and relationships with others, and is an essential part of our well-being.

I wondered like you about the connection between migration and mental health for immigrants. However, once I obtained information, it became necessary to share it with you so that we can understand what immigrants go through. Since most immigrants are young, they are more susceptible to mental health disorders. For example, when an immigrant settles in a new country, they may experience cultural shock, especially if they do not speak the language fluently and struggle to communicate with others. Lack of adaptation abilities and emotional support from family and friends can significantly impact their mental health. Additionally, being viewed as an outsider by the new society can also contribute to the immigrant's psychological struggles.

Mental Health and Migration:

03

INTERVIEWS FILE

PREPARED BY: **MANAR ELSEHMAWEY**

مقابلة مع السفيرة نبيلة مكرم، وزير الهجرة وشؤون المصريين بالخارج الأسبق، ورئيس الأمانة الفنية للتحالف الوطني للعمل الأهلي التنموي.



HE. AMB. NABILA MAKRAM

و مواجهة التحديات وإيجاد الحلول المناسبة ، وتوجت المسيرة بتعييني كوزيرة للهجرة وشؤون المصريين بالخارج في عام 2015. هذا الدور أتاح لي الفرصة لإنشاء وزارة جديدة من الصفر، وهو ما كان تجربة مليئة بالتحديات والمكافآت.

2. كيف تعاملت مع الأزمات الدبلوماسية التي واجهتك، وهل يمكنك مشاركة قصة معينة عن أزمة وكيف تم حلها؟

تعلمت خلال مسيرتي المهنية أن الأزمات هي فرص للتعلم والنمو. واحدة من الأزمات التي واجهتها كانت عند تولي وزارة الهجرة بدون ميزانية أو طاقم عمل. تعاملت مع هذا التحدي من خلال بناء الوزارة من الألف إلى الياء، وإطلاق مبادرات تهدف إلى دعم المصريين بالخارج، مثل مؤتمرات مصر تستطيع للخبراء أصحاب الانجازات الدولية ،

لا يمكن أن نكون أكثر فخرًا مما نحن عليه، إذ يشرفنا استضافة ضيفتنا الأولى تلك المثال الحي الذي يجسد دمج موضوعي الهجرة والصحة النفسية في مسيرتها المهنية، مما يؤكد فرضيتنا بوجود ارتباط وثيق بين الهجرة والصحة النفسية. ويُعد شرفًا عظيمًا أن نجري هذه المقابلة بينما تتولى سعادتها منصب رئيس الأمانة الفنية للتحالف الوطني للعمل الأهلي التنموي. على الرغم من انشغالاتها الكثيرة، فإننا نتقدم بجزيل الشكر لسعادة السفيرة نبيلة مكرم على منحنا هذه الفرصة القيمة للاستفادة وإثراء مجلة "هجرة" من خلال هذا الحوار.

1. ما هي المحطات الرئيسية في مسيرتك الدبلوماسية التي تشعر بأنها تركت أثرًا كبيرًا على حياتك المهنية؟

خلال مسيرتي الدبلوماسية، حظيت بفرصة الخدمة في مناصب مختلفة تركت أثرًا كبيرًا على حياتي المهنية، منها سفاراتنا وقنصلياتنا في البرازيل وشيكاغو وميلانو ودبي إضافة لتولي مناصب مختلفة في هيكل وزارة الخارجية ، في كل منها كانت تضيف لخبراتي ودوائر المعرفة في الاتصال

4. تعاملتي مع التحديات الثقافية والاجتماعية في البلدان التي عملتي بها، كيف أثرت هذه التجارب على فهمك للثقافات المختلفة؟

تعاملتي مع التحديات الثقافية والاجتماعية في البلدان المختلفة ساعدني في تطوير فهم أعمق واحترام أكبر للثقافات المتنوعة والالتزام بقوانين الدول المضيفة . كنت دائماً أسعى إلى التعلم من الثقافات المختلفة والتكيف معها، مما عزز قدرتي على التفاعل بفعالية مع المجتمعات المتنوعة بالتوازي مع الحفاظ علي هويتي الأصلية وعاداتنا وتقاليدينا والفخر دوماً بوطني مصر في أي مكان أكون فيه ، هذه الخبرة ساعدتني علي تفهم ما قد يواجهه المغترب من تحديات وضرورة الدعم اللازم للمصريين في الخارج.

العمل الدبلوماسي ساعدني على تطوير مهارات التفكير الاستراتيجي والقدرة على حل المشكلات. التعامل مع القضايا الدولية المعقدة يتطلب فهماً عميقاً للسياقات المختلفة والتواصل الفعال. هذه التجارب أثرت بشكل إيجابي على شخصيتي وجعلتني أكثر مرونة وقدرة على التكيف مع التحديات المختلفة.

5. التحديات النفسية التي يواجهها المهاجرون المصريون في الدول المضيفة؟ كيف تختلف هذه التحديات بين الصغار والكبار؟

من أبرز التحديات النفسية التي يواجهها المهاجرون المصريون في الدول المضيفة هي الشعور بالغربة والحنين إلى الوطن، والصعوبات في الاندماج الثقافي والاجتماعي.

ومؤتمر عام للمصريين في الخارج ، ومركز الحوار لشباب الدارسين بالخارج كما قمنا بدور في مكافحة الهجرة غير الشرعية عبر مبادرة مراكز النجاة وبرنامج "اتكلم عربي" الذي يهدف إلى الحفاظ على اللغة العربية بين أطفال المصريين في الخارج.

هذه الجهود ساعدت في حل العديد من المشاكل وبناء الثقة مع الجاليات المصرية بالخارج.

3. كيف تقيمين دور المرأة في السلك الدبلوماسي المصري، وما هي التحديات التي تواجهها النساء في هذا المجال؟

دور المرأة في السلك الدبلوماسي المصري له مكانة مقدرة وهي تلعب دوراً محورياً في تمثيل مصر دولياً في مختلف المناصب بداية من منصب سفير الي كل المناصب بالسفارات والقنصليات وكذا المنظمات الدولية ، تؤدي فيها المرأة واجبها بكل نجاح وتتبوأ مناصب رفيعة حتي وكيل الامين العام للأمم المتحدة بما يؤكد نجاح وتقدير لخبرات فريدة.

قد تواجه النساء في الغربة عموماً تحديات عدة، بما في ذلك الموازنة بين الحياة المهنية والأسرية، والتحيزات المجتمعية ، وفي المجال الدبلوماسي تتزايد تلك التحديات بتنقل الأسرة بين مختلف دول العالم وهو فرصة وتحدي، فرصة لحياة بها تجدد معرفي وثقافي وخبرات نوعية مختلفة ، وتحدي التأقلم للأسرة بالكامل مع حياة التنقل .

من خلال تجربتي، أؤمن بأن التفاني والاحترافية يمكن أن يساعدا في تجاوز هذه التحديات بالإضافة للترابط الأسري لتستطيع المرأة تحقيق نجاح في حياتها العملية والانسانية بالتوازي.

تختلف هذه التحديات بين الصغار والكبار؛ حيث يواجه الصغار تحديات في التكيف مع النظم التعليمية الجديدة وتعلم اللغة، بينما يواجه الكبار تحديات في العثور على فرص عمل وتوفير الاستقرار المالي. للتغلب على هذه التحديات، أطلقت مؤسسة "فاهم" مبادرات لدعم الصحة النفسية وتقديم الاستشارات النفسية للمصريين في الخارج.

6. عمليات الاغتراب والانفصال عن المجتمع الأصلي على الصحة النفسية للمهاجرين؟ وما هي أهم الإجراءات التي تساعدكم على التغلب على هذه التحديات؟

الاغتراب والانفصال عن المجتمع الأصلي يمكن أن يؤثران بشكل كبير على الصحة النفسية للمهاجرين، مما يؤدي إلى الشعور بالعزلة والقلق والاكتئاب. من أهم الإجراءات التي تساعدكم على التغلب على هذه التحديات هي توفير الدعم النفسي والاجتماعي، وتعزيز الروابط مع المجتمع الأصلي من خلال الفعاليات الثقافية والتعليمية. كما أن التواصل المستمر مع الأهل والأصدقاء في الوطن يمكن أن يكون له تأثير إيجابي كبير.

7. عوائق تحول دون الوصول إلى الخدمات الطبية والاجتماعية في البلدان المضيفة؟

نعم، هناك عوائق قد تحول دون وصول المهاجرين إلى الخدمات الطبية والاجتماعية في البلدان المضيفة، مثل الحواجز اللغوية والثقافية، وقلة الوعي بالخدمات المتاحة،

وأحياناً القيود القانونية. وتسعى مؤسسة "فاهم" على توفير الدعم اللازم من خلال توعية المهاجرين بأهمية الصحة النفسية والاجتماعية والبحث عن الخدمات المتاحة لهم في البلدان المضيفة وكذلك التعاون مع رجال الدين للاستفادة من وجود الكنائس المصرية في عدد ضخم من دول العالم لدعم الشباب نفسياً ومساعدتهم لمواجهة مختلف التحديات وللتفريق بين الأمراض النفسية والمشكلات الاجتماعية وغيرها.

8. تجاربك الدبلوماسية السابقة وأدوارك الحكومية كيف أثرت في تأسيس مؤسسة "فاهم"؟

تجاربتي الدبلوماسية وأدوارتي الحكومية ساعدتني على فهم التحديات التي يواجهها المصريون في الخارج، مما دفعني إلى تأسيس مؤسسة "فاهم" لتقديم الدعم النفسي والاجتماعي لهم.

تمت الاستفادة من تجربتي الشخصية التي تعرضت لها وايضا من تجارب عملية من خلال مبادرات سابقة مثل "اتكلم متخفش"، ونسعى إلى تقديم الدعم النفسي للشباب المصريين في الخارج وتوفير منصة للتواصل والمساعدة

وبالتأكيد استفدت من الخبرة في التعامل مع المنظمات الدولية المختلفة وبالتالي البناء على تاريخ التعاون المشترك لصالح قضايا جديدة تخص موضوعات الدعم النفسي.

9. تحديات الرئيسية التي تواجه الصحة النفسية للشباب في الوقت الراهن؟ وكيف يمكن التغلب عليها؟

من أبرز التحديات التي تواجه الصحة النفسية للشباب اليوم هي الضغوط النفسية الناجمة عن التحديات الاقتصادية والاجتماعية، بالإضافة إلى تأثير وسائل التواصل الاجتماعي. للتغلب على هذه التحديات، يجب تقديم الدعم النفسي والتوعية بأهمية الصحة النفسية، وتعزيز البرامج التي تساعد الشباب على تطوير مهارات التعامل مع الضغوط والتحديات الحياتية.

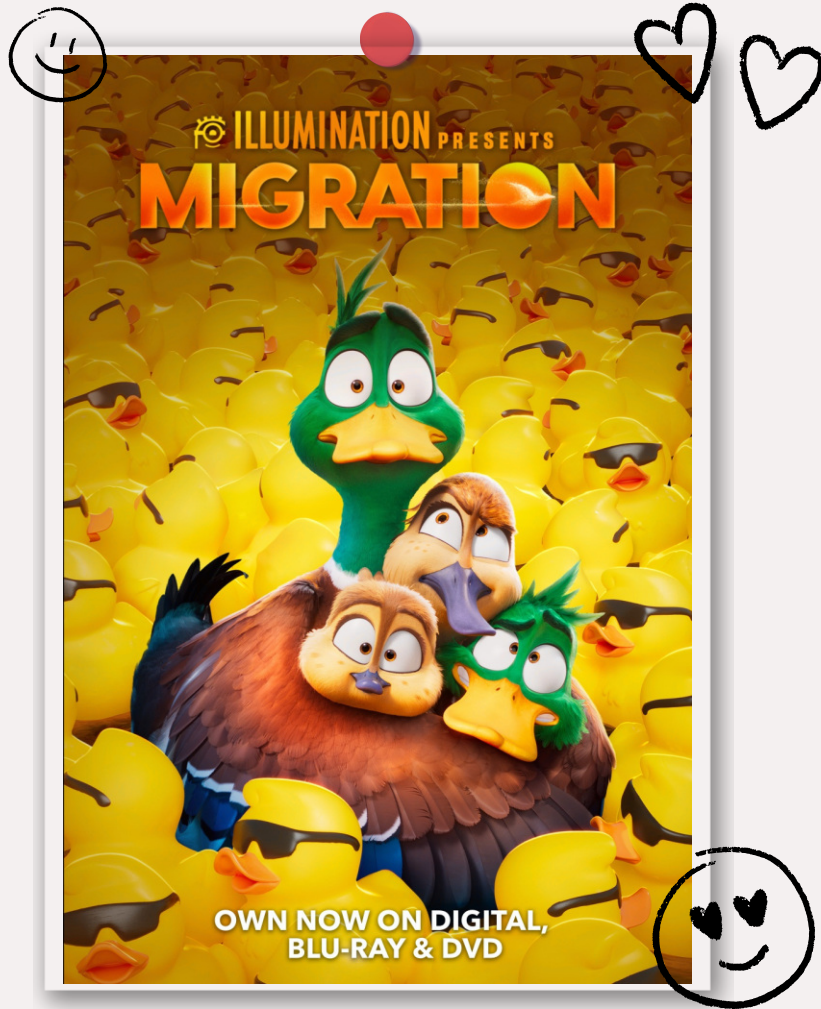
10. رؤية المستقبلية لمؤسسة "فاهم" في تعزيز الصحة النفسية في مصر؟

الرؤية المستقبلية لمؤسسة "فاهم" هي توسيع نطاق خدماتها لتشمل المزيد من الفئات المستحقة، وتقديم برامج متخصصة في الدعم النفسي والاجتماعي، وتعزيز التعاون مع المؤسسات المحلية والدولية لتقديم أفضل الخدمات للمصريين في الداخل والخارج. نهدف إلى أن نكون منصة رائدة في تعزيز الصحة النفسية وتحقيق الاستقرار النفسي للمجتمع المصري

MOVIE RECOMMENDATION

BY: LIANDRA ROBEIR - 1ST LEVEL

WE BELIEVE THAT MOVIES PLAY AN IMPORTANT ROLE IN EXPRESSING THOUGHTS AND FEELINGS ALSO, SHOW AND EXPOSE SOCIAL CASES . IN OUR FIRST ISSUE WE LOVE TO RECOMMEND YOU “**MIGRATION**” (2023): WHAT A BETTER MOVIE NAME TO START WITH!



“**MIGRATION**” IS A COMEDY/ADVENTURE ANIMATED FILM. WHICH TELLS A STORY OF A FAMILY OF DUCKS WHO DECIDE TO LEAVE THEIR SAFETY POND IN NEW ENGLAND FOR AN OUTSTANDING TRIP FULL OF ADVENTURE TO JAMAICA, THEIR CHALLENGES START CONSEQUENTLY WHEN THEY FIRST ARRIVE IN NEW YORK. THESE HARDSHIPS HELPED THEM TO EXPAND THEIR HORIZONS, EXPLORE THEMSELVES BETTER, INTRODUCE THEM TO NEW FRIENDS AND SURPRISE THEM WITH THEIR UNDISCOVERED ABILITIES. THE MOVIE IS DOUBLED IN MANY LANGUAGES, BUT WE RECOMMEND YOU TO WATCH IT WITH THE EGYPTIAN DIALECT SO THE FUN DOUBLES TO TWO!





FORCED TO FLEE, TWICE DISABLED: THE COMPLEX REALITY OF DISPLACED MIGRANTS WITH DISABILITIES

MAHITAB MOHAMED EL HUSSINI - 3RD LEVEL - POLITICAL SCIENCE

Migration itself is considered a complex and multifaceted topic. It permanently affects migrants, even after reaching the land of dreams and overcoming all the risks encountered in the journey of death. Migration has a significant negative impact on the migrant's mental health. Numerous recent studies have highlighted various factors that contribute to mental health disturbances, including traumatic events, before, during and after the migration, as well as unplanned or illegal migration, isolation in the host country, language barriers, social isolation and discretion. The situation becomes even more challenging when it comes to disabled migrants, migrants in special needs.

Have you ever thought about it before? What does the journey of a disabled migrant look like? And when they reach their dream land, do they receive the [necessary care?](#)

Who's the disabled migrant? First of all, we need to focus on defining what's a disability? In our context, we refer to the definition proposed by the IOM, which defines disability as follows: *"inability or limitation in performing socially defined activity and roles expected of individuals within a social and physical environment;"* also, a *"gap between a person's capacities and the demands of relevant, socially defined roles and tasks in a particular physical and social environment"*.



In other words, it encompasses individuals experiencing long-term physical, mental, or sensory impairments that hinder their full and effective participation in society.



Neglected guests: In fact, there's insufficient data regarding migrants with special needs to discuss their mental health afterward! In other terms, there's a lack of databases concerning disabled migrants, including information about their age, gender, impairments, location or living situation. *"Disabled asylum seekers? They don't really exist"*, as claimed by the receptionist of a major UK charity working with refugees when asked about available information regarding services dedicated for disabled asylum seekers. It gets even worse when it comes to disabled migrants, as they are considered to be among the most vulnerable and socially excluded groups in any displaced or conflict-affected community.

Furthermore, it's likely that the number of disabled migrants is higher within displaced populations. Injuries occurring during conflicts or while fleeing, lack of access to daily medications,

and the shock experienced by disabled migrants are all factors that exacerbate disabilities, leading to an increase in the number of people in special needs among the displaced population, surpassing reported global prevalence rates. The United Nations, such as the Convention on the Rights of Persons with Disabilities (CRPD), and some NGOs may show some interest in shedding light on and highlighting the challenges faced by disabled migrants. However, we haven't seen yet [any concrete action.](#)



Neglected migrants: How does their voice fade in the oblivion? This lack of data can be explained by multiple reasons.

Firstly, it emanates from the insufficient concern provided by host countries towards migrants “in good health”, thus creating a gap towards people in special needs. In other words, migration policies imposed by governments constitute a nightmare for youth migrants, those in good health, those who can work efficiently for the host country’s development. Consequently, when it comes to migrants in special needs, they will simply be overlooked. The second reason is that some host countries explicitly state and that disabled migrants are not welcome like Australia *“Migrants with disabilities are not welcome in Australia”* as it was mentioned in some Australian journals. They, disabled migrants, are referred to as *“undesirables, including criminals and those perceived to be without skills to benefit the economy”*.

The third reason is the incapacity and inability of disabled migrants to embark on such a journey in the first place. Such a tough journey requires physical and mental efforts that may be lacking within these migrants. Another reason for the insufficient collection of data about these migrants is the lack of understanding of the concept of “person with disabilities”.

A disabled person is not just someone with limited intellectual ability or clear and explicit physical problems but there's other impairments such as vision, hearing, respiratory problems, speech, intellectual (educational) which is most of the time not distinguished from mental disabilities, and others. This terminological confusion will inevitably lead to insufficient and inaccuracies regarding the data collected. It was noted that disabled migrants are labeled and identified on “a random basis” during their checkup, despite the fact that this checkup itself is not regular, and that many migrants in special needs are not identified within the displaced population.

Also, the staff responsible for collecting data about disabled migrants are not well trained regarding this issue, their lack of knowledge and experience about disability pushes them to not [identify disabilities efficiently.](#)



Finally, disabled migrants and mental health: Challenges faced by disabled migrants are not the same as the ones of disabled citizens nor like those faced by migrants in general, they are referred to as a set of “intersecting oppressions” as described by Patricia Hill Collins (2008). Disabled migrants are considered to be minorities of the minorities and consequently they lack resources and require needs. The deprivation they experience cannot be entirely explained but simply by oversight. It's extremely limited to have access to assistive devices.

Disabled migrants already feel as a burden, a load, on their parents or relatives, so going to a foreign country with a new culture, new language, “with everything new” will put more pressure on their parents or relatives. Also, those migrants face obstacles in accessing adequate health care support because as mentioned before, disabled migrants are simply marginalized or rejected in the host country.

Persecution, marginalization, and bullying are viruses that suffocate the migrant with special needs. Families with a disabled member will always keep facing challenges during their journey and in the host country as well.

It's also highly concerning about the risk of exposure to violence, including sexual violence, especially for disabled women and children, as well as the risk of illness and hunger due to lack of access to healthcare and medicines, or the ability to access available food supplies. All of these factors have a negative impact on the mental health of disabled migrants.

It should be noted that migration is not the primary factor for the shattered mental health of individuals with special needs, it is possible, and indeed often the case, that their mental health is poor in their country of origin, partially for the same reasons. Nevertheless, the harshest reality remains the neglect of mental health among disabled migrants in a foreign country that was supposed to provide them with a better life.



PSYCHOLOGICAL REFLECTIONS ON THE PHENOMENON OF MIGRATION

ASSEM AMR HASSAN - 3RD LEVEL - POLITICAL SCIENCE

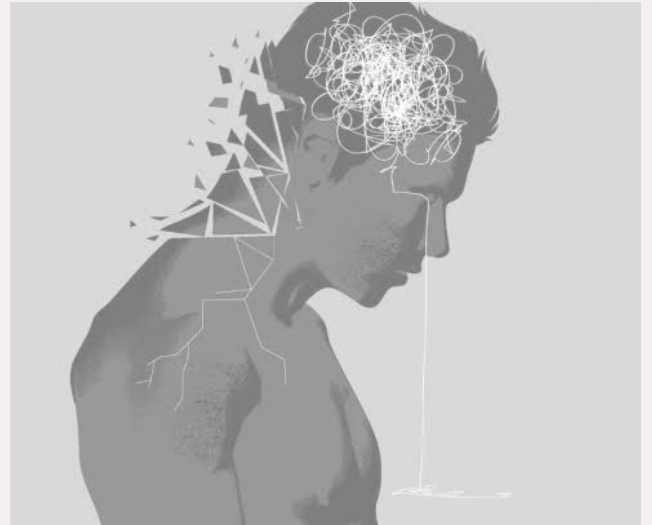
Have you ever wondered how this world is formed, and how its interactions affect each other?. Our world consists of a network of complex events and relationships that interact with each other continuously to create our tangible presence. These interactions can affect our daily lives, Shaping our perceptions and memories. These global interactions may sometimes force many individuals to leave their homelands. This is due to many reasons, such as suffering from many recurring pains in his home country or the loss of some loved ones as a result of Internal or external conflicts that may arise in his home country, or because of having no access to the most basic rights and freedoms, So people seek immigration to realize their happiness and preserve their humanity. But this process is not that easy, as the immigrant may be exposed to many difficulties and dangers until he reaches his destination,

and even when the immigrant reaches his destination and the place he wants to settle in, he then often enters into an intense internal conflict in which his memory struggles with his reality, which is different from his past and the culture settled inside his mind. The human memory encompasses one's past and traces his present too and it is what shapes and creates for a person the general perception through which he sees reality. Therefore, it is always said that a person who lives without a memory that preserves for him what he sees and hears is a person without awareness. The immigrant in general suffers from a severe conflict with his memory and mind, as he finds himself in a clash with his current reality and his previous past, and between the attitudes and emotions that he forms in his new world and between his old world



and the people he left in the country of origin. Therefore, we find that the immigrant feels as if he is trapped between two times. Two completely different personalities. Accordingly, we find that the immigrant has a tendency and psychological readiness to suffer from psychological diseases, as a result of the psychological pressures that the immigrant was exposed to in his home country, or because of the long journey that exhausted him psychologically and physically, or because of the process of uprooting or cultural separation that happens to the immigrant individual in the country of immigration and which disturbs him. Continuously, as a result of his inability to adapt to the conditions surrounding him, we find that many immigrants upon their arrival in the country of emigration may suffer from severe depression, which, if not treated quickly, may lead to suicide. This can be the result of deep suffering rising from the immigrant inability to accept simply because those new ideas may be completely different from the ideas of the society in which he grew up. Accordingly, the immigrant finds himself between two options that have no third to solve this problem. To either reject the new reality to which he immigrated and enters into many conflicts and psychological crises as a result of the conflict that

arises between his memory and his reality, which often leads to him entering into a state of alienation. From the reality in which he lives, or to adapt to his new reality and integrate in,



thus becoming estranged from his country of origin or mother, and then the individual does not find himself feeling again the euphoria that he felt when he remembered motherland. In most cases, we find that the immigrant is unable to adapt to his new environment, so he remains very longing to return to his country of origin, but he is unable to do so due to many factors that force him to do so.

It is worth noting that the famous psychologist Sigmund Freud talked about this one time when he was corresponding with his student Max Eitingon one year before his death. He always told him about his feelings towards his beloved city of Vienna, which he had forcibly left

due to Its occupation by Germany. He mentioned that it was "the beautiful prison that...He continued to long for it until his death." It is clear that he described Vienna as a prison because it was at that time a stronghold for the Germans, and therefore that city became meaningless and without beauty because it had become a headquarters for the Germans, and therefore it was not possible to live in it. Despite that, that city remained beautiful in his eyes because She witnessed all his successes and failures.



Despite the many disadvantages that may result from the immigration process for the individual. It can also constitute a haven for some individuals who have not found a specific path for themselves in their homeland, or to settle in another place that suits their personal goals, such as discovering the world or others.

the individual always seeks to look into the unknown and discover the mysterious, therefore

it is said that a person seeks to acquire knowledge and go to the places of its source, whatever their location. On the face of the earth, and therefore he immigrates to another country that provides him with the necessary capabilities to serve his personal goals. In that case, the rate of these immigrants being afflicted with psychological illnesses may decrease because the immigrant will realize that he immigrated voluntarily, and the individual may initially be immersed in some psychological conflicts that may arise as a result of the conflict occurring between his memory and reality, but he will be more susceptible. To overcome these conflicts and adapt to the environment surrounding him.

It is certain that the migration process necessarily leads to major changes in the psychological and social structure of individuals, but the migration process doesn't need to lead to the individual's alienation or the infection of some psychological diseases, because it depends greatly on the individual's ability and willingness to face all these difficulties, on Its readiness to receive psychological illnesses, and therefore results may differ depending on the people tested in the same condition.

In conclusion, we must say that a person's happiness lies in his feeling of comfort and security, and he must strive for that happiness no matter what the cost, and Perhaps one day a person will find a place in that vast world with lasting happiness and comfort..

MARK FISHER

CAPITALIST REALISM



THE STRANGE LINK: INDIVIDUALISM, CAPITALISM, MIGRATION, AND MENTAL HEALTH

RAZAN SALAH FATHY - 1ST LEVEL

Is mental health related to individualism? Is the increase in diagnosing individuals with mental illnesses related to capitalism? And is either of them related to migration? These questions haunted me after reading Mark Fisher's book "Capitalist Realism: Is There No Alternative?" Especially when I came across the term "privatization of stress". At first glance, I felt like I knew this term well, but then I realized I hadn't read it before as a term but rather understood its meaning. It implies that individuals are solely responsible for their stress and mental problems, and solving them without considering any external factors, such as the political and economic system, society, and relationships, which are shaped and formed in a certain way to not disrupt this capitalist society,

that loves speed and achievement or even the idea of achievement without actually achieving it.

So, by privatizing stress, the burden is placed entirely on the individual and even creates entire industries around the concept of becoming "better", such as self-help books, instead of discussing any root causes at all. Because ultimately, which is easier? Changing the system or meditating for an hour a day?

One of the main questions Fisher poses in his book is whether we can escape capitalism and if there is anything beyond it. In his opinion, this feeling of helplessness summarizes the lack of alternatives or escapes. Capitalism always presents itself with the idea of the only solution and the compulsory choice, even if it leads to some losses. These are just a few individual losses that no one can trace back to this system. Why? Because we reject the politicization of mental health.



In an article titled "Mental Health under Occupation: Analyzing the Depoliticization of Mental Health Discourse in Palestine and Advocating for a Human Rights Approach", it states: "Due to this lack of contextualization, neither root causes of suffering are addressed nor are appropriate treatment methods introduced. This approach very easily leads to the labeling of social suffering as a disorder and thus to an over-diagnosis of and a pathologizing of Palestinians as mentally ill. At the same time, the fact that Palestinians are suffering from political determinants of health becomes obscured and normal reactions to social injustice are being conflated as disorders."

What are those political determinants of health, particularly mental health? Mental health is influenced by many political factors such as human rights, individual freedoms, and economic and social conditions. How can we separate discrimination, apartheid, ethnic cleansing, institutionalized structural violence, collective trauma resulting from collective violence, and more from mental health? How can occupation be separated from anything?

Forced depoliticization forces us to wear lenses through which we see everything from a single, horizontal perspective that does not involve more than one person.

It strips the individual from their context, surroundings, and everything around them and focuses on what's inside them. Instead of thinking about occupation, one thinks about psychology instead of thinking about collective action, one thinks about individual survival.



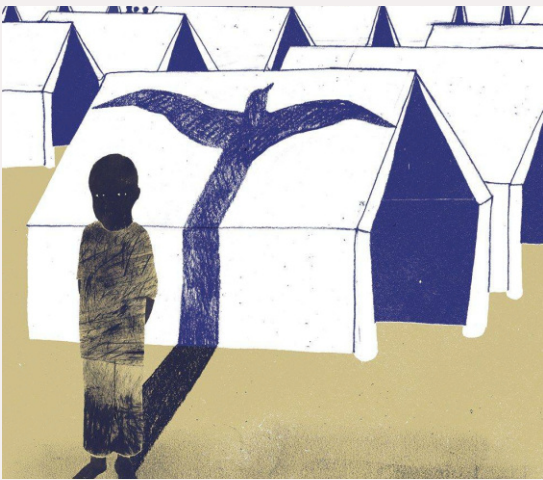
As we pointed out, issues are individual and only the individual bears them, including seeking to solve or adapt to them. All the responsibility falls on you. So how does one survive? Especially in an unchangeable system in a society that refuses to bear any responsibility. The answer is simple: you just adapt.

One form of adaptation is changing your position within the system, not changing the system, changing your status in society in an attempt to rise in the existing society, not reform it. For example, if you want to reform the education system, all you have to do is work longer hours to earn a better income to provide suitable educational services for your children. And then, get a better life and stronger isolation,

in fenced areas with a higher social standard. Instead of thinking about how to change society or the system, you only change yourself and your position within the society your proximity to the system, and your involvement in it.

What if you want to reform something bigger than the education system? Wars, conflicts, rights, and freedoms, for example? Yes, the same answer applies: change your position in society but on a bit larger scale, migration.

In many cases, escape and migration are the only available choices for individuals to ensure their survival and protect themselves and their families.



Migration can be a natural response for individuals facing severe conditions that cannot be endured in their home countries. For example, in armed conflicts, individuals may find themselves facing everyday danger, political instability, and lack of security. In such an unstable climate, many people choose to flee and seek a better life in other countries.

And any sense of isolation and loneliness experienced within this process, that loop of working, constant attempts to alter one's societal standing, and attempts to break free, the lack of belonging and anxiety about the future that most

likely can -and will- be factors that contribute to increased rates of depression and anxiety, especially among immigrants. It's precise to only you and has nothing to do with that loop, the system, or anything else according to this individualistic narrative that glorifies individualism and erases any other form of being. The same narrative further drives us towards even more isolation and loneliness, convincing us that our issues are solely ours, and our illnesses are solely a result of our brain chemistry and family medical history, with the solution lying solely in the hands of therapists and their expertise.

So is there an escape? Does this loop ever end?



EVEN OR UNEVEN RAMIFICATIONS?: CATEGORIZING PSYCHIATRIC VULNERABILITY

MARIAM AHMED SHOUSHA - 3RD LEVEL - POLITICAL SCIENCE

There is no doubt that immigration has implications on the psychological health of any immigrant until adaptation occurs. Such influence differs in severity and type from one human being to another. Yet, some categories are more vulnerable to psychological issues acquainted with migration, which would be the main focus of this article. The underlying purpose of this study is to shed light on these categories that are more vulnerable to psychiatric issues related to immigration; to raise awareness of migrant families and to direct international attention towards granting them due care and more attention.



Immigration and Acculturation Process:

Immigration is often correlated with a process called 'acculturation'; which involves acquiring new values and cultural elements from the new environment or modifying some culturally embedded elements to adapt to the new environment. As such, the different and sometimes competing values of the two cultures clash together resulting in psychological tensions and psychiatric issues.

Empirical Case studies:

In their empirical study, Oppedal, Roysamb, and Heyerdahl measured the acculturation effects on different social categories of the first and second generations of immigrant students. Where the results showed that overall the first generation of immigrants suffered more from psychiatric issues compared to the second generation.



Also, there exists an inverse relation between the economic level and psychiatric issues; as the group of students with the highest income suffered less from psychiatric issues as they have less ethnic competence and family values compared to other groups. Furthermore, students whose parents have higher educational levels mainly university degrees showed also less ethical competence which minimized the level of their psychiatric issues. While for the residential district, the study showed no direct correlation between it and the psychological health of immigrants.

As for the gender, females showed higher levels of emotional and psychiatric issues especially in the first generation, while males showed higher problems in the second generation.

In another empirical study conducted by Hollander and others on 5,507,262 participants in Sweden. The results showed that immigrants generally have poor mental health especially refugees when compared to the Swedish-born; where female immigrants are more inclined than men to suffer from psychiatric issues.



For the age groups, there was a positive relation between age and increased vulnerability to poor mental health, as adults showed higher levels of psychiatric issues, moreover, the adults living with children were less vulnerable to poor mental health. Married couples, showed lower percentages of psychiatric issues compared to divorced or widowed immigrants. Also, the place of residence showed no significant influence on the mental health of immigrants.

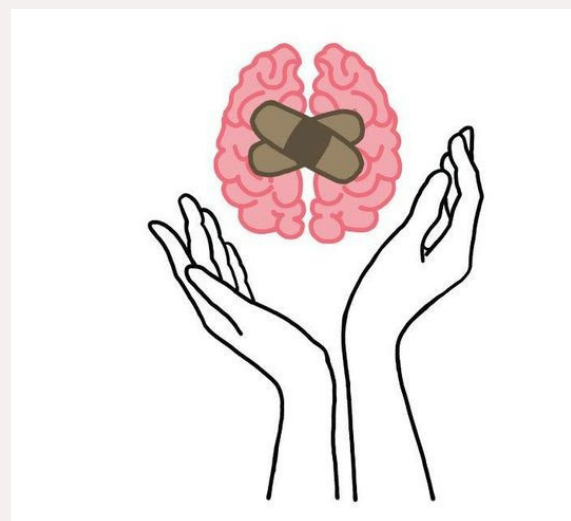
Yet, contrary to the above-mentioned studies, no correlation between gender and psychiatric disorders in the research of Christian Yeh who conducted another empirical study on Asian migrants in the United States. However, along with the previous studies the psychiatric issues were proved to be higher among students of older ages in this study, where it was attributed back to the pressure exerted by peers and family on high school students to develop a cohesive identity. Also, students at the high school level become more aware of racist attitudes towards them, which significantly influences their psychological wellbeing.

Furthermore, the study focused on the cultural differences; as assimilated Asians who are more Americans suffer less from psychiatric issues than those adhering to their own national identity. Finally, studying psychiatric issues related to migration is a sensitive topic that affects both migrants and social cohesion in the recipient country. Thus, it should be given due attention and investigation. Past literature focuses more on the effects of post-migration stress, which is important but should not be confined to. Because the effect of migration is not even on all individuals, categorical differences have to be taken into consideration, as such further investigation is required.



Yet to sum up the current trends in the literature, some categories are more vulnerable to psychiatric issues related to migration, these categories have to be aware of their vulnerability to follow preventative measures to protect their mental health.

In addition to, international and civil society organizations oriented with migrants have to consider these categories.



Where the adult youth and elders are more vulnerable to psychological issues than children. Women also have to be considered, especially the first generation. Lastly, migrants with lower educational levels and economic status are proven to be more vulnerable to psychological problems associated with migration.



MIGRATION AND MENTAL HEALTH A PSYCHOLOGICAL PERSPECTIVE

SARA SAMEER - 4TH LEVEL - POLITICAL SCIENCE

Migration often brings about feelings of grief and sorrow, as it usually arises from unfortunate events such as conflicts, economic crises, political turmoil, or natural disasters. However, an additional layer of grief is experienced due to the modification or loss of cultural identity resulting from such migration. The extent to which migrants experience this phenomenon varies, depending on the degree of similarity between their original culture and the dominant culture of the host country, the size of their cultural group in the host country, and the ease of integration, which is influenced by the host country's policies and citizens' attitudes.

Migrants may experience a range of feelings, from mild discomfort due to cultural differences, to modifying their identity to fit in, rejecting certain aspects of it, or abandoning it

altogether. This often leads to the development of "context-related identities" or "code-switching," where migrants present different aspects of their identity based on their assessment of the context and the acceptance level of the people involved. Consequently, many migrants keep their native identity within their private sphere while adopting a majority-compliant identity in public to gain respect and access to socio-economic opportunities.

Such behavior, over time and across generations, can lead to the loss of native identity features, such as language. For example, Arabs living in France often substitute Arabic with French in their interactions due to public aversion towards other languages. Similarly, the intolerance towards religious symbols in public can result in reduced religious practices within these communities. In Sweden and the UK, many Muslims change their Islamic first names to



A final phenomenon that migrants may experience is the development of "transnational identities," where they feel a sense of belonging to both their home country and the host country. This results in a dual or "in-between" identity, which can lead to an identity crisis in later stages of life. For example, Kurdish communities in Sweden maintain their Kurdish identity while also feeling connected to the Swedish identity, resulting from successful integration where they learn the language and actively participate in the workforce.

22

In conclusion, altering or adjusting one's identity is not an inherent feature of migration but depends on the degree of difference between the migrant's culture and that of the host country, as well as the host country's acceptance and integration policies. In supportive conditions, migrants can effectively contribute to the society's diversity and vitality. Conversely, if integration is difficult while maintaining the original identity, migrants may feel compelled to change or adjust their identity to fit in, leading to psychological and eventually physical health issues.

Is Migration Good For You? A Psychiatric and Historical Perspective



IS MIGRATION GOOD FOR YOU? CHAPTER REVIEW

NOURHAN YEHYA - 2ND LEVEL - POLITICAL SCIENCE

One of the main elements of any human being is their psychology part, mental health in other words could be one of the most affecting actors to man's behavior, especially if this man or woman started to do a non-usual behavior to them, something such as immigration from a country to another. By combining the two elements: mental health and immigration. chapter twelve of the book "Migration and Mental Health past and present-mental Health in Historical Perspective" made this combination and discussed a real-life example.

The chapter first started by offering the known face of immigration, by tackling multiple research projects about the link between the increase in mental instability when someone conducts immigration and moves from one place to another, stating some numbers that show a double percentage in mental

illness between different groups of people, one group who migrated and other who didn't.

The main mental illness they focused on in the first research project was schizophrenia, and the second was post-traumatic stress disorder, then the chapter moved to depression and anxiety.

Urgently the chapter mentioned a definition for each, which the studies they collected defined, stating that: schizophrenia can be diagnosed when a person faces one or more of the following symptoms: delusions and hallucinations. Delusions can be known as false beliefs, and hallucinations the false experiences - according to the book-

. And other similar symptoms. Post-traumatic stress disorder is a cause of other mental weaknesses that attack a human such as depression and anxiety. And it is often because of a traumatizing and harsh event.



The chapter didn't mention any reasons for the increase in mental illness but the change in the environment, saying that the more the environment gets strange for the immigrant -differs a lot from his own culture and environment- this makes him frustrated and annoyed his nervous system which makes it more possible to get diagnosed by one of the previous illnesses.

The chapter afterward started to look at the world through the eyes of James Finlayson and other Scottish people who left Scotland to move to the United States and other attractive places in the world. Then moved to the motives behind the movement from Scotland which were economic conditions and lack of services in Scotland in 1980 the most significant noticed ones, were that life in the Scotland house this time was tough, there weren't enough teachers that maybe some children wouldn't get their higher education process.

"It is really difficult. My father is losing his place. He always drank a lot but it is worse now. He often dirties himself and there is only me to deal with it..."- James Finlayson talking about the lack of healthcare at that time.

from anonymized case histories from James Finlayson's own experience.



James Finlayson tried hard to help people with medicine, he concluded that people can't live without a familiar community, and human feels the need for loyalty to a group. He noticed that even when some people argue that they need peace and space by moving to rural areas, their small problems begin to get bigger under the scope of law-resourced places.

The idea of migration was and still is a controversial topic, and has a lot of opinions, but when it comes to saving human lives and seeking a better standard of living, it opens the door for more understanding.



ENHANCING MENTAL HEALTH SERVICES FOR REFUGEES IN EGYPT

MUHAMMAD HISHAM - 3RD LEVEL - POLITICAL SCIENCE

Egypt is home to a substantial refugee population, many of whom have endured trauma and displacement. While the governmental healthcare system provides basic services, including primary care, but most of the healthcare support given to refugees, especially the mental healthcare, is given through international organizations such as the UN or Médecins sans Frontières. The governmental psychological support for immigrants is sometimes alleged to be limited, this limitation can be attributed to the:

1. Insufficient Investment: the mental health budget in Egypt was around 1% of the total healthcare budget in 2023
2. Cultural Stigma: Cultural stigma associated with mental health can discourage refugees from seeking help. Mental illness is often linked with

weakness or shame or weak faith in God, leading refugees to avoid treatment and suffer in silence.

3. Workforce Shortage: The number of qualified mental health professionals in Egypt is inadequate to meet the demand, even for the general population. This shortage is more pronounced for refugees, who may require culturally sensitive care and face difficulties navigating the healthcare system.

Proposed Enhancements to Mental Health Support:

1. Increased Investment: Allocate more resources to mental health services within the national healthcare budget. This funding can be used to train existing healthcare workers in basic mental health interventions and employ additional mental health professionals, including psychologists and culturally competent psychiatrists.



Also enabling Egyptian doctors to travel abroad for more exposure to new methods and treatment ways is a crucial step.

2. Stigma Reduction Campaigns: Implement public awareness campaigns to normalize mental health challenges and encourage help-seeking behavior. Collaborate with refugee communities and faith leaders to tailor messages for cultural understanding. These campaigns shall integrate both refugees and Egyptians, as allocating campaigns for refugees only could increase their feelings of alienation.

3. Culturally Sensitive Services: Develop culturally sensitive mental health interventions that take into account refugees' backgrounds and experiences. This could involve training mental health professionals in trauma-informed care and incorporating traditional healing practices where appropriate. Taking into consideration that despite most of the refugees who seek Egypt are Muslims, there is still a minority of refugees from other religious backgrounds who need to feel socially accepted.

4. Community-Based Support: Build capacity within refugee communities to provide peer support groups and psychosocial interventions. This can empower refugees and create a network of support. This model succeeded before in Egypt with Narcotics Anonymous World Services

Conclusion:

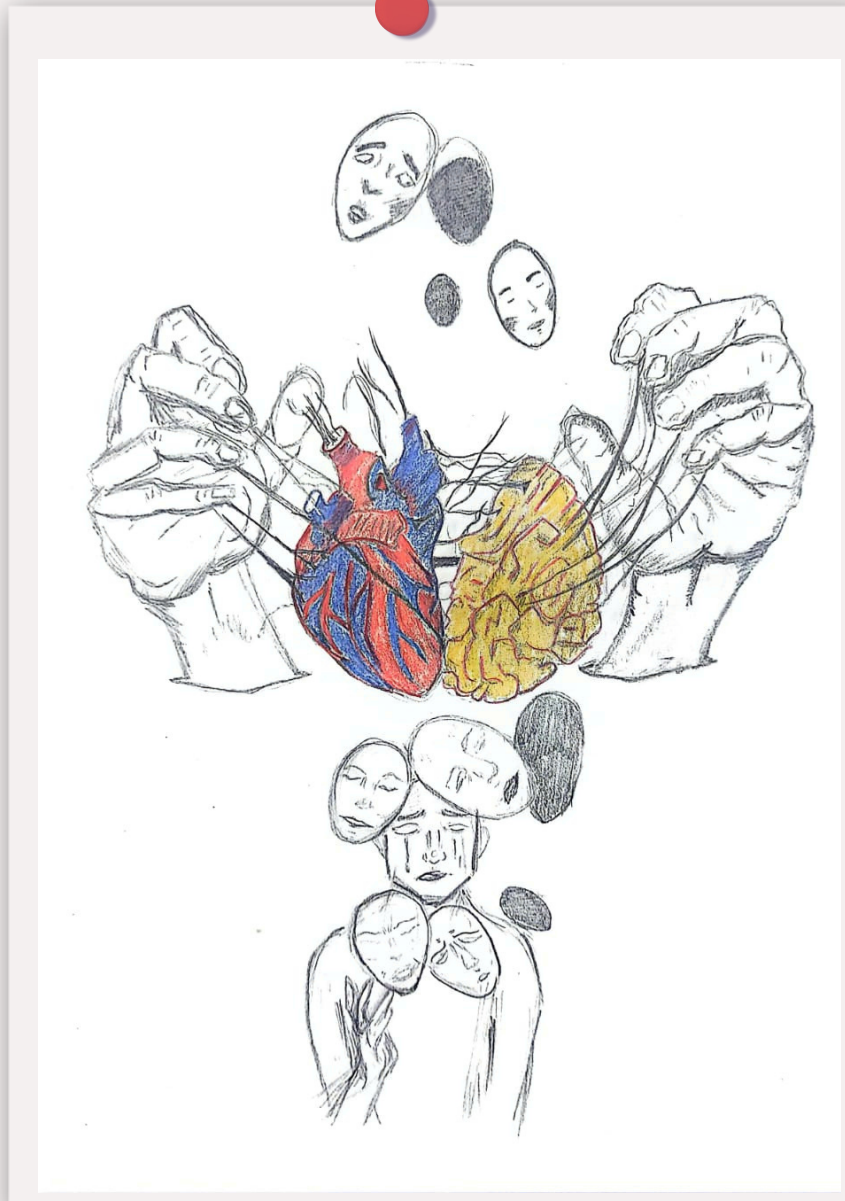
By investing in resources, reducing stigma, and developing culturally sensitive services, Egypt can significantly improve governmental mental health support for refugees. These efforts will promote the well-being of refugees, fostering their integration and contribution to the Egyptian society. It is crucial to continue research and policy development in this area to ensure the mental health needs of refugees are adequately addressed. Through a comprehensive approach that involves the government, civil society, and international organizations, Egypt can provide mental health services that are accessible, effective, and culturally sensitive.

*some data in the paper were derived from interviews with healthcare workers involved with refugees.



CARICATURE

BY: MAGY REMON KAMEL- 1ST LEVEL



People who are subjected to immigration for various reasons are often forced to migrate from their home countries to other countries and are shocked by a reality that causes them psychological disturbances due to what they experience of different sorts of discrimination and cultural challenges. This affects their personality. This causes tension between their current emotional status and their old and past memories .Distraction between what they feel and what they should do. All of this confronts the immigrant.



Göç ve Ruh Sağlığı Migration and Mental Health

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MIGRATION AND MENTAL HEALTH (TUR: ENG)

KENZY HASSAN MOSAAD MOHAMED-1ST LEVEL



Abstract:

Migration is one of the most significant social processes that has occurred in human history. People migrate from the places where they were born and where they lived most of their lives because of wars, poverty, hunger, drought, searching for a new shelter or a place to live, natural disasters, better healthcare, or searching for a new job opportunity. Migration can be a stressful cause for the migrant. Migrants facing loneliness, racism, solitude, regret, and miscommunication because of the lack of language can cause disorders and psychological difficulties. In this paper, the relationship between migration and mental health will be discussed in a theoretical way and will mirror the subject's different perspectives.

Soyut:

Göç, insanlık tarihinde meydana gelen en önemli sosyal süreçlerden biridir. İnsanlar savaşlar, yoksulluk, açlık, kuraklık, yeni barınak veya yaşayacak yer arayışı, doğal afetler, sağlık hizmetlerinin iyileştirilmesi veya yeni iş arayışı gibi nedenlerle doğdukları ve yaşamlarının büyük bir kısmını yaşadıkları yerlerden göç etmektedirler. fırsat. Göç, göçmen için stresli bir neden olabilir. Dil eksikliği nedeniyle yalnızlık, ırkçılık, yalnızlık, pişmanlık ve iletişimsizlikle karşı karşıya kalan göçmenler, rahatsızlıklara ve psikolojik zorluklara neden olabiliyor. Bu yazıda göç ve ruh sağlığı arasındaki ilişki teorik olarak ele alınacak ve konunun farklı bakış açılarına ayna tutulacaktır.

For the whole Translation, please scan this QR Code or use [this link](#).



Retours contraints de migrants internationaux au Sénégal : dilemmes familiaux face à la maladie mentale

Véronique Petit

A HERO THAT BECOMES AN OUTCAST
(FRE: ENG)

RAHAF ESSAM EZZAT - 3RD LEVEL - POLITICAL SCIENCE



PREFACE:

I'd rather be hidden not to see him or let him see me, because it's painful to see my brother... it's humiliating... someone as great as him, entrepreneurial, now... dazed, with fixed eyes, drooling... almost like an animal, a beast!"

In Senegalese families, migrants are often celebrated as heroes as such they are symbols of hope and success who strive abroad to support their loved ones back home. But what happens when that symbol of success returns home, not as a hero, but as someone who has been broken by life abroad? What happens when the same relatives who admired and relied on him must now care for him in a deteriorated mental state? These are questions that many families in Senegal deal with, as the stigmatization of mental health intersects with the shame of seeing a once strong family member reduced to this condition.

The migrant's decline is more than just a personal tragedy, it is a reflection of the societal pressures, the high expectations, and the painful impact of broken dreams.

In her article “**Retours contraints de migrants internationaux au Sénégal: dilemmes familiaux face à la maladie mentale**”, Veronique Petit studies the difficult reality faced by some migrants who are forced to return to their home country due to mental illness they experienced during their migration journey, despite not anticipating or desiring such a return. It studies the impact of mental health on migration paths and considers what this means for the investment in family solidarity, a key part of the migration project.

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BREAKING NEWS FILE

BY: MARAWAN SHAABAN SHEBL- 3RD LEVEL - POLITICAL SCIENCE

TO RWANDA: BRITAIN'S NEW POLICY FOR ASYLUM SEEKERS

On April 25, the British Government adopted a controversial law allowing it to deport migrants to Rwanda who entered the country irregularly. In parallel, this Act (Asylum and Immigration) of 2024 obtained king's approval and became a law in force. At the same time, the United Kingdom Treaty with Rwanda has been ratified, which means that the treaty has become legally binding for the United Kingdom and Rwanda.

But if we look at the new law critically and analytically, it creates gaps and questions that need to be asked. For example, the British citizen, with his taxes, is involved in giving

£3,000 to every person deported to Rwanda. The said amount is already set by the government, so why would the British bear these costs? At the opposition level, the leader of the Labor Party, Keir Starmer, the most fortunate candidate for being the next prime minister, criticized this law, as it reflects too much costs, as the latest national estimate that the deportation of each person would cost the government about Euro 2,300 million. The idea of choosing Rwanda is a central point that contributes to the question of why Rwanda? I must say before this that Rwanda has not been approved by the Supreme Court of Britain and is considered a country that is fundamentally insecure, but the British government has opposed this law, the answer is difficult to deal fully, but it can be said that Rwanda is the country that has approved this British policy other than other countries such as Botswana,





Ivory Coast, Costa Rica, and Armenia, and that is why Britain will increase funding for the first phase of the applicable law in the amount of 144 million euros. A quick beginning to arrest and detain illegal immigrants, such as a military operation that lasts from 10 to 11 weeks, and if we imagine the situation of the human being who has emigrated and suffered from the journey, he will be arrested and deported to a state whose legal record of its opposition towards government is bad. How this phase of his life can would be?



“The deportation of refugees to Rwanda will take place no matter what.”

Rishi Sunak

The British political discourse is extremely contradictory. **Sunak is extremely proud of being a British Prime Minister with South Asian** origins and always proud that the Kingdom is always a home to many cultures and that is the nature of Britain, but his actions on the part of immigrants and refugees, even if they are illegal, highlight the extent to which his political discourse has contradictions, a law called by ‘voluntary immigration, but coercive and arbitrary, is a law passed to deport to a country that has been recognized by the British judiciary as uninhabited, but the rule has been opposed by Sunak and his government. It can be admitted that the law is due to its rapid passage; its justifications have not been well said.

GIORGIA MELONI AND LIBYA VISIT ON MAY 7, 2024



Recent meetings between Italian Prime Minister Giorgia Meloni and Libyan leaders on 7th of May, have generated considerable interest in Libya's political atmosphere. Discussions centered primarily on the pressing issue of irregular migration and the flow of migrants to European coasts through states such as Libya, Tunisia, and Morocco. During her visit to Libya, Meloni engaged in fruitful discussions with the politicians; Dbeibeh and Haftar, focusing on strengthening mutual cooperation and addressing challenges such as counter-terrorism and irregular migration.

The signing of cooperation agreements in various sectors confirmed the commitment to strengthen relations between the two countries.

Italy's interest in addressing the exploitation of political divisions in Libya for illegal activities, such as human trafficking, demonstrates its shared commitment to ensuring stability and security in the region. The main focus of this visit is on strategic cooperation to address irregular migration. Despite existing partnerships between Libya and Italy in areas such as education and health care, the focus remains on the urgent need for mutual efforts to combat the challenges of migration. Despite the current state of unrest in Libya, its ability to provide security and intelligence cooperation in borders control, coastal areas, and smuggling centers underlines the importance of continued cooperation.