

# #WORLDMENTALHEALTHDAY

## MIGRANT DOMESTIC WORKERS

### 1

#### INCREASED VULNERABILITY

MDWs in Lebanon are more likely to suffer from mental health challenges due to the intersectional discrimination and exploitation they face.

### 2

#### MANY STRESSORS

MDWs face daily stressors affecting their mental health including physical and verbal abuse, social isolation, pressure from their environment and more.

### 3

#### LIMITED ACCESS TO SERVICES

Obstacles such as language barriers, financial instability and limited freedom of movement prevent MDWs from accessing mental health services.



#### COMMON SYMPTOMS

Symptoms of mental health struggles experienced by MDWs in Lebanon vary from case to case. However, the most common symptoms documented by local CSOs include depression, anxiety, insomnia, and loss of appetite. More serious conditions include complex post-traumatic stress disorder (PTSD), suicidal ideation and psychosis.



#### MWA RECOMMENDATIONS

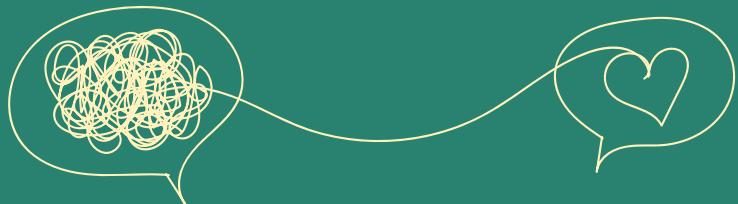
Establish a Mental Health Hotline in MDWs' native languages

Increase funding for temporary accommodation providers (shelters) to provide mental health related services

Awareness trainings for social workers and community leaders

Increase affordable services such as therapy and medication for MDWs

**"MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHTS"**



#### MENTAL HEALTH SERVICES

Embrace	+961 01 346 226
MSF	+961 70 128 793
Relief International	+961 01 253 793
Restart	+961 6 411 451



Migrant  
Workers'  
Action