

Symposium | Imigrant, Refugee : [Symposium 33] Mental Health Support for Latin American Migrants.

📅 2025年9月26日(金) 10:40 ~ 12:10 🏢 Session Room 4 (Large Hall B)

## [Symposium 33] Mental Health Support for Latin American Migrants.

Moderator: Yu Abe (Yotsuya Yui Clinic), Masaharu Uemoto (Kobe City College Nursing)

### [SY-33-04] Mental Health Support for Latin American Migrants.

\*Yu Abe<sup>1</sup> (1. Yotsuya Yui Clinic (Japan))

キーワード : migrants、 mental health support、 Latin American、 Japan

At a multicultural clinic in central Tokyo, the number of foreign first-time patients has exceeded 4,000 over the past 19 years, with more than 300 foreign patients visiting for their first consultation in the year 2024. To accept foreign patients who speak different languages, it is essential that not only psychiatrists but also licensed clinical psychologists and administrative staff are multilingual and that online video phone interpretation services are available.

In the year 2024, the majority of foreign first-time patients came from the United States, followed by English-speaking countries including Europe and Asia, as well as Spanish and Portuguese-speaking regions in Latin America, primarily Brazil and Peru, and Korean speakers. Focusing on Latin American patients, the main referral sources include the clinic's website, friends and acquaintances, and other medical institutions. In terms of triggers for the onset of mental disorders, the order is family, workplace, multicultural environments, interpersonal relationships, and school.

The diagnoses for first-time patients predominantly include depression, anxiety disorders, adjustment disorders, and bipolar disorder, with a notable increase in cases of developmental disorders (ASD, ADHD). To effectively treat these foreign patients, it is necessary to understand the cultural and social backgrounds of their countries of origin and to provide care that aligns with their cultural and social contexts.