

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] Mental Health Support for Latin American Migrants

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The international mental health support network, *The Red Athena*, which brings together multidisciplinary mental health professionals from Spanish-speaking countries to discuss and support mental health, has now been active for 16 years. In 2024, the general assembly was held in Mexico City, and this year, it is scheduled to take place in San Francisco. This international congress in Tokyo focuses on the mental health of Latin American migrants and the support they need.

Achotegui, in his concept of *Ulysses Syndrome*, argues that migration is an inherent aspect of human nature and that psychological crises inevitably accompany it. However, these crises do not necessarily indicate mental disorders such as depression or PTSD but rather fall within the scope of mental health challenges.

Latin American migrants are dispersed across the world but the approach to mental health support differs from country to country. Representatives from the UK, Mexico, Peru, and Japan will present their migration situations and the current state of their mental health, engaging in discussions to explore ways to support their mental well-being.