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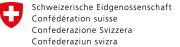
Health Equity Mental health support for refugees: can we do better?

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Zürich Spirit Symposium, 26 May 2023 Scalable psychological interventions: Quo Vadis?

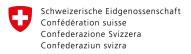


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What do we know (FOPH research project)

INTERFACE Politikstudien, "Mental health of traumatized asylum seekers: current situation and recommendations", 2018 (Müller et al.)

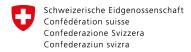
- There are no national data for traumatized asylum seekers requiring care
- The number of people with such needs ranges from 10% to 70%. (according to experts)
- -> Recommandation to strengthen early detection
- -> Recommandation to strengthen resilience factors and reducing risk factors



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What do we know – apart from what we can learn in existing studies

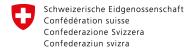
- No systematic data collection on mental health issues (and factors contributing to health issues such as housing, integration) for asylum seekers in Switzerland
- **First consultations** with a doctor by asylum seekers **is optional** at the federal asylum center level (they can wish to see as doctor, but it's not standard)
- No information on existing plans at cantonal level to scale up Psychological Interventions in Refugees In Switzerland
- For now, there is no current mandate and ressources to the federal administration to tackle this issue.
- FOPH and SEM will examine in 2024 existing offers for specific target groups for the
 psychiatric/psychological care of asylum seekers (BSS study, Formative evaluation of health care for
 asylum seekers: 2023)



Federal Department of Home Affairs
Federal Office of Public Health FOPH

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Can we do better?



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Thank you!