## **6** "DISCOVER YOUR POTENTIAL" BY POLISH MIGRATION FORUM

Polish Migration Forum

#### CONTEXT

Migrants often face significant challenges when settling into a new country, such as language barriers, cultural differences, and social isolation. These difficulties can be compounded by limited access to healthcare, housing, and employment opportunities. The psychological strain from these factors, along with the trauma of displacement, makes it crucial to provide tailored support to help migrants integrate into their new environment.

#### KEY OBJECTIVES

- Foster mental well-being and resilience
- among migrant communities
- Support integration
- Address mental health taboos
- Promote preventative care

#### IMPLEMENTATION PROCESS

- Needs assessment
- Trainer selection & collaboration
- University Partnership
- Workshop planning
- Promotion & Outreach
- Adaptation & Feedback

#### TARGET POPULATION

• Ukrainian migrants

- Spanish-speaking migrants
  Mixed attractive migrant studen
- Mixed-ethnicity migrant students

### KEY ACTIVITIES

- Development and delivery of the psychoeducational workshop series
- Tailoring of the workshop to each target
- Collaboration with universities
- to engage migrant students • Recruitment of two pairs of
- trainers to reflect cultural diversity. • Outreach & stakeholder engagement

#### KEY OUTCOMES AND IMPACTS

- 3 workshops, 12 unique participants, 41 sign-ups
- Enhanced cooperation between native and migrant trainers
- Enhanced mental health and integration strategies
- Strengthened resilience skills
- Established collaboration with universities

# AREAS FOR

- Low Participation Rates
  Shift focus to labour market benefits
- lighter social activities • Scheduling Conflicts
- Adapt to participants' needs
- Engagement of Ethnically
  Diverse Groups > Tailored
  approach
- approach

#### CONCLUSION



feedback • Progress in reducing

AREAS

**OF SUCCESS** 

Innovative training

psychoeducation

with social

integration • Cross-cultural collaboration between trainers

materials combining

stigma around mental health in migrant communities

Positive participant

The psychoeducational intervention "Discover Your Potential" provided valuable insights into the needs of migrant communities. The programme demonstrated the positive impact of tailored support, helping participants develop essential tools for better social and labour market integration.