



University of Nevada, Reno

# Latino Research Center

Centro de Investigación Latino

## Mental Health Vulnerability in Immigrant Communities

### QUESTION

- Which immigrants may be more vulnerable to stress and discrimination during an exclusionary policy context?

### STUDY

- Many immigrants struggle during periods of exclusionary policies that create a climate of fear and uncertainty. Our aim was to investigate which immigrants may be more vulnerable for experiencing policy stress and discrimination. We surveyed 490 U.S. immigrants to assess experiences of policy-related stress and discrimination during the period of 2016-2020.

### SAMPLE

- Our sample (N=490) included immigrants (51.7%) and adult children of immigrants (48.3%) from across the U.S. The average age was 55 years old and 59.8% were female.

### FINDINGS

- Immigrants who were younger, non-white, and lived in a household with a lower annual income reported more policy stress.
- Those born in the U.S. with at least one parent born outside of the U.S., younger, male, and non-white immigrants experienced more perceived discrimination.

### WHY DOES THIS MATTER?

**1 in 5**

Nevada residents is an immigrant<sup>1</sup>

**1 in 6**

Nevada residents is a native-born U.S. citizen with at least one immigrant parent<sup>1</sup>

**1 in 4**

Nevada workers is an immigrant<sup>1</sup>

American Immigration Council. (2020, August 6). [Immigrants in Nevada](#).

### RECOMMENDATIONS

1. Those providing direct services to immigrant communities should be aware of the increased risk for policy-related stress and discrimination some immigrants may face based on their intersectional identities.
2. Psychoeducation to immigrant clients on the risks of these stressors is also essential to empowering clients to monitor their own well-being related to these factors.
3. Legislators can promote policies that support family cohesion and reduce risk of detention or deportation.
4. By promoting a welcoming environment, providers may encourage service utilization among immigrant communities, even during periods of a heightened exclusionary immigration environment.

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