

# **Impact of migration on the mental health of Sub-Saharan African migrants in Germany: Case Study: Berlin-Brandenburg**

An abstract of the thesis by  
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This study sought to understand the diversity, causes and individual coping mechanisms of mental health illnesses among Sub Sahara African Immigrants residing in Berlin-Brandenburg. It also considered how social and mental health services can support migrants mental-health needs. Data collected through direct observation, interviews and questionnaires, from a cross-sectional survey of African social groups, and individuals from eleven African countries in the study area showed that many migrants are going through several difficulties compounded as stress disorder, which is affecting their mental health. While 30% of respondents were resilient, 10% sought for mental health counselling. Major obstacles to seeking professional mental health solutions included lack of information (66.7%), language barrier (59,3%), and the fear of stigma (55.6%) among others. Relying on God through prayers was identified as a major coping mechanism (88.8%). Combined efforts from government, social institutions and African migrants themselves are required for solving migrant's mental health needs.

**Keywords:** migration, mental health, mental illness, pre-migration stress disorder, post migration stress disorder, ethnicity, culture, culture shock.