

# Research Report Round-up



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A research report summary

## Title and Link to Report

[Determinants of Mental Health for Newcomer Youth: Policy and Service Implications \(2010\)](#)

## Author(s)

Yogendra B. Shakya, Nazilla Khanlou, Tahira Gonsalves

## Year

2010

## Location

Toronto

## What this report is about

This report, based on a study of newcomer youth living in four areas of Toronto, looks at the economic and social conditions that shape their mental health and reflects on policy implications. The youth reported the following:

- Stressors and challenges linked to their settlement – Newcomer youth face stressors and challenges that affect their mental health, including challenges with learning English, entering the labor market, adjusting to the education system, and accessing information.
- Systemic discrimination and exclusions are great risks to the social, economic, and mental wellbeing of racialized newcomer youth and their families.

The report's authors recommend a multipronged approach to promoting the mental health of newcomer youth. policymakers need to:

1. Proactively address the economic and social conditions that shape the mental health of newcomer youth, particularly those conditions that are linked to settlement and discrimination/exclusion;
2. Make mental health services more sensitive and accessible to the needs of diverse newcomer communities;
3. Implement innovative mental health promotion programs that help to overcome stigma and build positive knowledge about mental health issues;

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## What this report is about (cont.)

5. Put youth empowerment and community development programs in place to build youth leadership and involve newcomer youth meaningfully as agents of change in critical pathways (research, planning, decision making, community building, etc.).

## How can this report be used

This report provides useful information for policymakers seeking to improve access to mental health services for newcomers.

## Type of study

Survey and focus groups

## Key words

Newcomer, youth, mental health, community, family, services, determinants of health, discrimination

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## Language

English