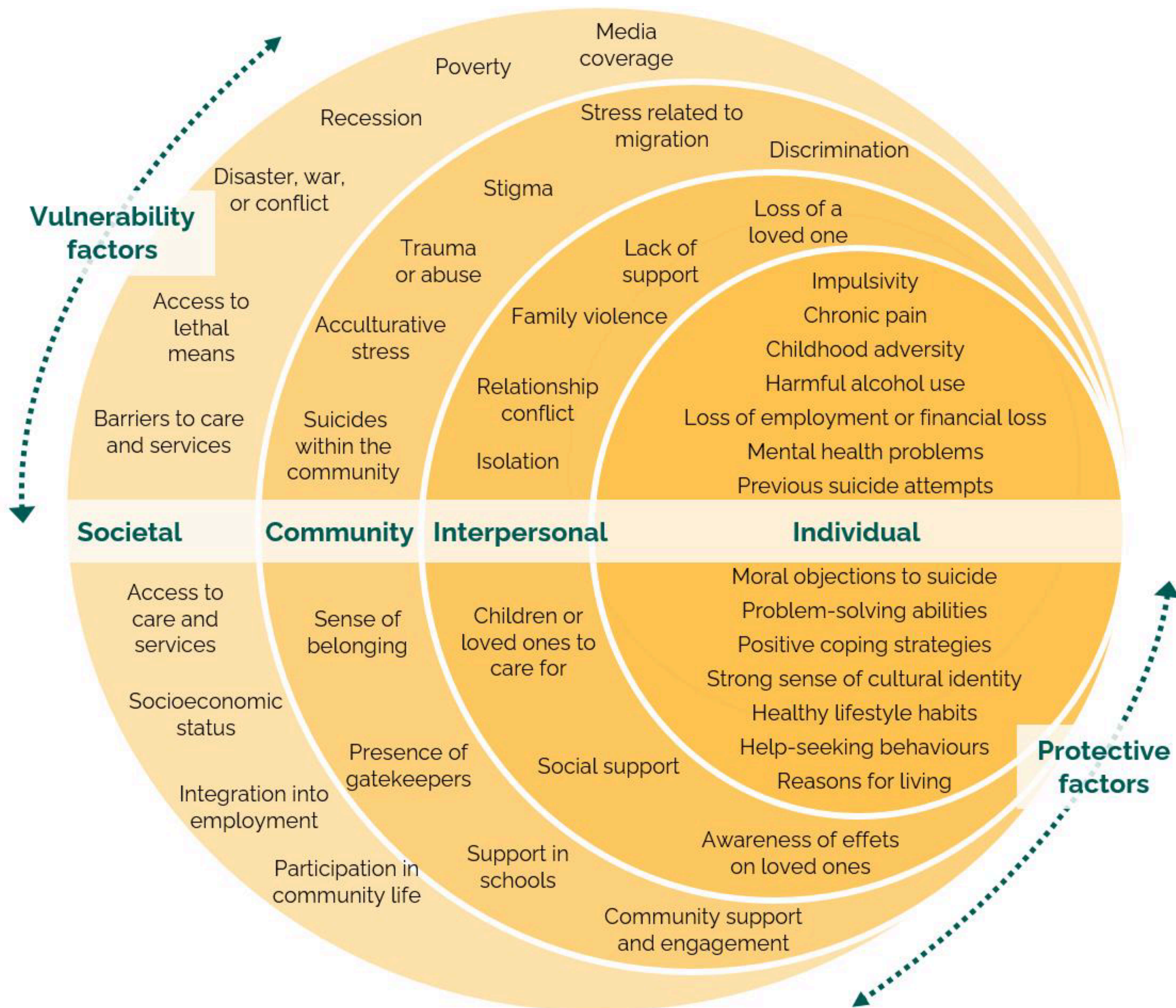


Determinants of suicide in the context of diversity and migration



TROUSSE
horizons



- When it comes to suicide, the term “determinant” refers to elements of an individual’s lived experiences, such as religion, stigma, or employment. These may be vulnerability factors or protective factors for mental health and suicidal behaviour. It is therefore important to examine each situation individually.

- Determinants that are specific to the context of cultural diversity and migration must be considered alongside those that apply to the general population.
- It is essential to consider the intersectionality of vulnerabilities, for example, an LGBTQIA+ refugee.
- Prevention should occur at the societal, community, interpersonal, and individual levels.

A person's culture, migration trajectory, and minority group membership all interact with determinants of suicide.

Here are some points for reflection.

Individual level

- A person's **culture** influences their attitudes toward suffering, coping strategies, lifestyle habits, as well as the acceptability of suicide.
- Their **migration trajectory** influences their reasons for living and shapes their hopes.
- The **situations they encounter** (e.g., delays in the asylum-seeking process, complications in family reunification, financial stress related to migration procedures), and the **resources and abilities** they have to respond to these challenges (e.g., social support, savings, employment), also depend on this trajectory.

Interpersonal level

- The **feeling of being a burden** depends on how the individual perceives their obligations and autonomy relative to others (family, community, society), particularly as a function of age and gender. Socio-professional downgrading and family conflicts may intensify this feeling.
- Immigration places significant strain on **family relationships**: separations, financial dependence or obligation, changes in sociocultural context, intergenerational conflicts, etc.
- **Feelings of isolation** and access to support depend on proximity to other community members.

Community level

- A **sense of belonging** is essential to health and well-being. A person's culture influences their identity construction, their relationships with others, and how they participate in the community.
- Minority group membership and a person's migration trajectory shape their sense of belonging: representations of immigrants in the media, cultural and linguistic distance from the majority group, experiences of discrimination, barriers to employment, etc.

Societal level

- As the **health and social services system** reflects the majority culture, a person's migration trajectory and culture influence their access to culturally adapted psychosocial care and services. Lack of knowledge about the system and experiences of discrimination may constitute barriers.
- Precarious migration status, lack of social mobility, the feeling of being unable to contest situations, and the lack of opportunities to participate in society due to religious affiliation or limited language proficiency may reinforce the **feeling of being trapped**.