

Definition

People who identify as men and have immigrated to Canada.

Why adapt your approach?

Suicide rates are higher among men than among women. In addition to facing similar issues as men in the general population, immigrant men also face challenges related to adapting to a new environment.

Migration

- **Difficulty adapting** to the norms and values of the host society
- **Learning a new language**
- Difficulty understanding and using a **new health and social services system**
- **Loss of a support network**
- **Social isolation**
- **Negative narratives** about immigrant men
- **Loss or diminishment of social or professional status**
- **Pressure to support the family financially**, sometimes including people who stayed in the country of origin
- **Feeling like a failure** or a burden in the context of post-migration challenges
- Family **conflicts**



Culture and minority status

- **Less likely to seek psychosocial or mental health support**
- **Fear of the consequences of revealing their distress** or asking for help (e.g., losing their job or migration status, being seen as weak, etc.)
- **Stigma** around psychosocial needs, mental health issues, and suicide
- **Low health literacy** and different cultural conceptions of mental health
- **Feeling misunderstood**
- **Mistrust** of services
- Employment or housing **discrimination**

Recommended practices

The practices recommended when working with all men also apply to men with immigrant backgrounds or from ethnocultural minority and/or racialized communities. The following additional considerations should be taken into account.

Normalize and encourage help-seeking behaviours while also recognizing barriers to seeking help and respecting the person's preferences regarding the resources they wish to use.

Understand the intersectionality of different aspects of the person's identity (e.g., ethnic origin, migration status, sexual orientation, gender identity, social class, age, disability).

Be aware of your own preconceived notions about immigrant men. The resources at the bottom of this page offer some ideas to get started.

Be attentive to the person's point of view. Each individual is influenced by their upbringing. Ways of thinking and acting may also change over time.

Take time to explore the person's beliefs and experiences without making assumptions about their social and cultural identity.

Approach cultural norms in Quebec with kindness and take care to put them in context.

Highlight the person's strengths related to their migration experience and adapting to a new environment while also recognizing challenges.

Explore and highlight the person's reasons for living, especially those that may be related to their migration journey.

Identify the person's priority needs and offer support in seeking solutions. Guiding them toward specialized resources may be useful.

Address the person's social determinants of health to alleviate their stress or distress. Supporting them in meeting their financial, food, housing, transportation, or other needs may help restore hope.

If the person wishes, involve their loved ones in the intervention. This may help reduce isolation and resolve certain tensions or conflicts related to migration.

Strengthen social support by encouraging the person to explore new interests or participate in social activities, group interventions, or support groups.

Encourage the development of purpose and social recognition. Challenges related to the post-migration context (e.g., diminishment or loss of social or professional status, financial stress, etc.) may cause feelings of failure or of being a burden.

Be familiar with and develop partnerships with organizations for immigrant men.

Identify various resources based on needs (e.g., online, in person, based on migration status, etc.).

Inform the individual about available resources and help them navigate the system. Discussing their concerns about resources may make them more likely to seek help.

Adapt the services offered to the needs and interests of immigrant men and develop strategies to better reach them.

To learn more:

[Men from immigrant backgrounds](#) (ROHIM) [Only available in French]

[Working with Immigrant Men: Do I Have an Adapted Approach?](#) (IU SHERPA) [Only available in French]

[Immigrant Men: Resources to Better Understand and Reach Them](#) (IU SHERPA) [Only available in French]

[Men](#) (MSSS) [Only available in French]