
MENTAL DISORDERS AND MIGRATION - HOW DOES IT LOOK LIKE?

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Objective The aim of this case study is to illustrate what role factors such as culture and migration history play for the course of mental illnesses. **Methods** We present a report on a male patient from Iraq, age 48, suffering from depression and chronic pain syndrome. Stressful experiences such as the loss of his wife and daughter were the trigger for depressive episodes. **Results** There are three main challenges with regard to treating patients with different that recently immigrated: (1) the language barrier, (2) cultural differences that complicate communication, and (3) the use of stereotypes. In order to optimize treatment it is necessary to consider the specific background of migration as well as the details of the migration history itself. **Conclusions** There are specific difficulties that hamper the treatment of migrants, namely cultural differences and communication barriers. Support from complementary health care is necessary to prevent further social isolation.