Report on Virtual Mental Health Program for Migrant Nepalese - Session 5

Program Title: "Accessing Support Systems & Mental Health Resources"
Date: May 15, 2026
Mode: Virtual (Online)

1. Introduction

The 5th virtual session for Nepali migrants was conducted with the objective of enhancing awareness and accessibility of mental health support systems. Migrants often face challenges such as stress, homesickness, workplace pressure, and limited access to support. This session aimed to equip participants with practical knowledge and skills to seek help effectively.

2. Objectives of the Session

- Identify different types of support systems (personal, workplace, and professional)
- Understand the importance of seeking help
- Differentiate between emergency and non-emergency mental health situations
- Develop a personal support network map

3. Session Summary

- The 5th virtual session focused on helping Nepali migrants understand and access mental health support systems. Participants explored personal, workplace, and professional sources of support through interactive discussions.
  A resource mapping activity enabled them to identify their own support networks.
  The session clarified differences between emergency and non-emergency situations and appropriate help-seeking actions.
  Overall, it promoted confidence, reduced stigma, and encouraged proactive help-seeking behavior.

Key Components of the Session

1. Warm-Up & Safe Space Setting
2. Understanding Support Systems

3. Resource Mapping Activity
4. Emergency vs Non-Emergency Support
5. Digital & Helpline Resources
6. Group Discussion
7. Resource Sharing
8. Reflection & Closing

4. Participants Overview

- **Target group:** Non-Resident Nepalese (foreign employment, study, and long-term residence abroad)
- **Total participants:** 34 (24 males, 9 females, 1 unknown)
- **Geographical spread:** Participants joined from multiple destination countries like Bahrain, Kuwait, Qatar, Portugal, USA, Europe, UK)
- **Participation mode:** Audio, chat, and interactive discussion
- **Engagement level:** High engagement observed through chat responses, one-word reflections and discussion.

5. Questions and Concerns Raised by Participants

Participants raised reflective and practical questions, including:

1. How they can access mental health support resources?
2. What are the causes of Panick attack?
3. How can we prevent the mental health crisis like suicide, domestic violence, relationship issues happening among migrants?

These questions reflected strong interest deeper understanding in emerging mental health issues.

6. Challenges Identified During the Session

- **Time-zone barriers:** Different time zones affected being fully presence during the session.
- **Stigma and fear:** Participants expressed hesitation in openly discussing mental health concerns due to fear of judgment or employment consequences.

- **Limited-service linkage abroad:** Participants highlighted many suicidal, domestic violence and severe mental health issues and was concerned about accessibility of mental health support in host countries.
- **Less participation of actual migrant workers:** While the session had active participation from representatives (e.g., NRNA), least number of participants representing migrant workers, especially those with lived experiences, were found.

7. Key Learnings

• Migrant Nepali individuals face emotional stress from separation, work pressure, domestic issues, and cultural adjustment.

• Safe spaces and storytelling help participants open up and reflect.

• Many struggles to express challenges within families, work, security, highlighting the need for supportive platforms like virtual sessions and small groups.

• Ongoing mental health awareness and tele-counseling programs are essential.

8. Recommendations

- Conduct regular sessions on key issues like workplace stress, family separation, substance use, trauma, suicide prevention, and relationship challenges.
- Establish clear referral systems connecting embassies, NRNA, and mental health service providers in Nepal and abroad.
- Strengthen peer support by training volunteers, migrant leaders, and NRNA representatives in basic psychosocial care and psychological first aid.
- Develop and share simple, culturally appropriate Nepali-language materials and resources.
- Promote mass awareness and advocacy campaigns to highlight the importance of mental health, reduce stigma, and encourage help-seeking.
- Conduct follow-up sessions for continued engagement

9. Conclusion

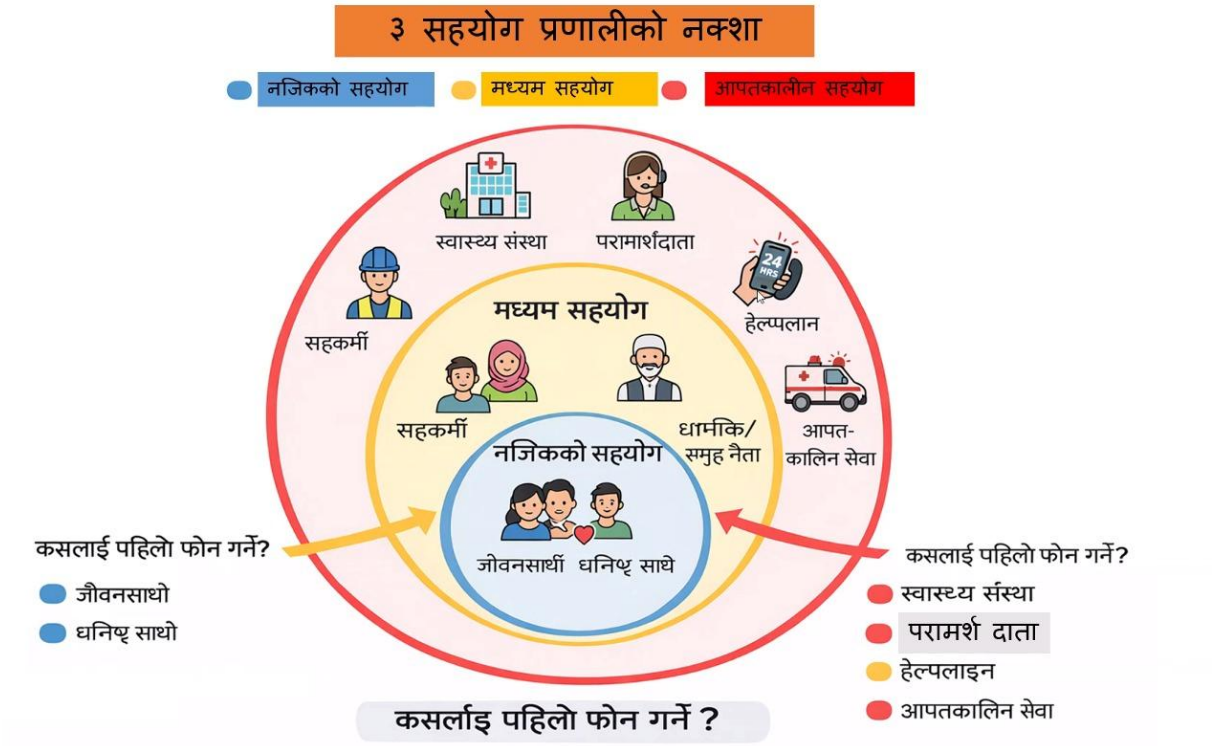
The session was effective in creating awareness and building practical skills among Nepali migrants to access mental health support systems. It successfully encouraged participants to

recognize the importance of seeking help and utilizing available resources. Continued efforts in this direction can significantly improve the psychological well-being of migrant populations.

Some clips from session




Kreeti Budhathoki (Psy...
Sailendra Sharma
Rajan Duwadi Spokesp...
Lokendra Nepal NCC B...
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bikash singh thakuri


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