

Report on Virtual Mental Health Program for Migrant Nepalese - Session 3

Program Title: “Mental Health Awareness Session for Nepali Migrants – Learning Healthy Coping Strategies

Date: February 26, 2026

Mode: Virtual (Online)

1. Background and Purpose

This virtual mental health awareness session was organized in response to the growing psychosocial needs of Non-Resident Nepalis (NRNs) living and working abroad. The third virtual session focused on promoting healthy coping strategies and assertive communication skills to manage stress, loneliness, workplace pressure, and relationship conflicts among Nepali migrants.

The session began with a warm welcome and clarification of objectives. Participants agreed on shared values such as confidentiality, mutual respect, and active participation. They were also invited to share their expectations from the session.

2. Session Summary

The session aimed to help migrants understand stress, loneliness, and workplace challenges, while teaching healthy coping strategies, assertive communication, and help-seeking skills.

The session began with establishing shared agreements to ensure psychological safety, confidentiality, respect, and voluntary participation. Participants were encouraged to engage either by raising hands or using the chat function.

Key components of the session included:

Emotional Check-in: Participants assessed their current mood using simple emotional options (okay, tired, anxious, very low), helping create emotional awareness and a supportive atmosphere.

Pre-Assessment (True/False): An interactive quiz addressed myths about mental health, emphasizing that mental health problems are treatable and early identification leads to easier solutions.

Understanding Coping: Participants learned that coping refers to ways people manage stress and difficulties. The session highlighted those problems may not disappear, but healthier responses can be learned.

Relationship Case Discussion: A long-distance couple’s conflict illustrated how stress, loneliness, and lack of emotional support can strain relationships. Discussion focused on empathy and communication.

Workplace Case Discussion: A scenario involving overtime pressure and authority conflict showed how fatigue, fear, and communication gaps contribute to workplace stress and emotional distress.

Assertive Communication Workshop: Participants learned to express needs clearly and respectfully without being passive or aggressive. Practical formulas, examples, and role-play activities were used.

Healthy vs Unhealthy Coping Activity: Participants identified helpful strategies (e.g., breathing, talking to others, exercise) versus harmful ones (e.g., alcohol misuse, suppressing emotions, self-harm).

Practical Coping Tools: Stress Journal: Helps identify triggers and emotional patterns, Routine Planning: Provides structure and stability in daily life and Support Mapping: Identifies trusted people and services for help.

Integrated Coping Practice: Participants were encouraged to use all three tools together, as combining them significantly improves stress management and resilience.

3. Participants Overview

- **Target group:** Non-Resident Nepalese (foreign employment, study, and long-term residence abroad)
- **Total participants:** 23 (11 males, 11 females); One Unknown Participant
- **Geographical spread:** Participants joined from multiple destination countries like Bahrain, Oman, Malta, Romania, USA, Saudi Arab, Nepal)
- **Participation mode:** Audio, chat, and interactive discussion
- **Engagement level:** High engagement observed through chat responses and one-word reflections.

4. Challenges Identified During the Session

- **Low participation volume:** Managing group interaction and ensuring discussion among participation was challenging in a small virtual group.
- **Time-zone barriers:** Different time zones affected being fully presence during the session.
- **Emotional sensitivity of topics:** Discussions on topics likes suicide, distress, challenges and depression required careful facilitation and emotional containment in small group activity which was not possible due to virtual mode.
- **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, anxiety and depression cases and was concerned about accessibility of mental health support in host countries.

5. Key Learnings

- Nepali migrants face considerable emotional and psychosocial challenges, including family separation, domestic conflict, workplace pressure, and difficulties adapting to new cultures.
- Creating safe environments and using storytelling approaches help participants feel comfortable to share experiences and reflect on their situations.
- Many participants struggle to express their difficulties within their families, highlighting the importance of supportive spaces—such as virtual sessions and small group activities—where they can openly release emotions and discuss challenges.
- Participants respond best to clear, simple language, relatable examples, and practical coping strategies.
- There is a clear and ongoing need for sustained mental health awareness initiatives and support programs for migrants in the future.

6. Recommendations

- **Include mental health support in migrant services:** Organizations such as Non-Resident Nepali Association (NRNA), embassies, and mental health groups should make mental health awareness a regular part of labor orientation, welfare, and protection programs.
- **Hold regular focused sessions:** Important topics like job stress, family separation, substance use, trauma, suicide prevention, and relationship difficulties abroad should be discussed frequently.
- **Create clear referral systems:** There should be simple ways to connect migrants from embassies and NRNA to mental health services both in Nepal and in host countries.
- **Build peer support networks:** Train community volunteers, migrant leaders, and NRNA representatives to provide basic emotional support and psychological first aid.
- **Provide easy, culturally suitable materials:** Share simple Nepali-language information, audio/video resources, and helpline details so migrants can easily understand and access help.
- **Reduce stigma through awareness campaigns:** Joint efforts by embassies, NRNA, and mental health organizations can encourage people to seek help and challenge common myths about mental health.

7. Conclusion

This virtual mental health session highlights the importance of incorporating psychosocial support into migrant services. Programs like these provide cost-effective, high-impact ways to boost resilience, prevent crises, and encourage early help-seeking. Expanding such initiatives through partnerships between embassies, NRNA, and civil society can greatly enhance the wellbeing and dignity of Non-Resident Nepalis globally.

Some clips taken during the virtual session

Prapti Ghising Kreeti Budhathoki (Facilitator) Sailendra Sharma Pramila Lama Gauri

You are viewing Sailendra Sharma's screen REC View Options

आत्मविश्वासी हुनु भनेको आक्रामक हुनु होइन।
यो भनेको आफ्नो हकको रक्षा गर्दै अरूको सम्मान गर्ने सन्तुलित तरिका हो।

Assertiveness

Your Needs Assertive Others' Needs
Aggressive Passive

Workplace Meeting Sailendra Sharma's screen

Kamala Amatya umesh bhattacharjya

कार्यशालाको उद्देश्य

- आत्मविश्वासी संवाद के हो बुझ्ने
 - ✓ निष्क्रिय, आक्रामक र आत्मविश्वासी शैली छुट्याउने
 - ✓ कार्यस्थलका वास्तविक अवस्थाहरूमा अभ्यास गर्ने
 - ✓ आफ्नो कुरा स्पष्ट र सम्मानजनक रूपमा राख्न सिकने
- व्यावहारिक coping tools सिकने

Mental Health Awareness

Everyone New chat

Indira Tripathi (Regional Women Coord) Thank u

Police and nice to talk to them

Kamala Amatya 6:14 PM Clear communication is necessary

Gauri 6:15 PM politely

Indira Tripathi (Regional Women Coord) Make good friendship relationship

Who can we your messages? Reply

Message everyone