



**Canadian Hispanic Congress**  
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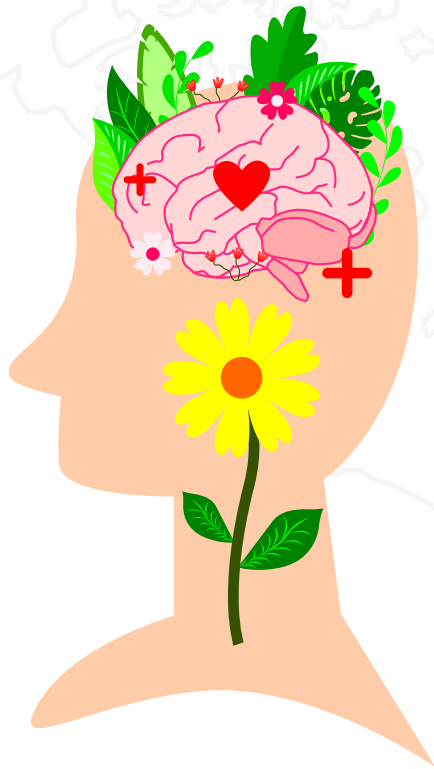
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# Mental health of young immigrants in Canada.



The mental health of immigrant youth in Canada is a topic that has been gaining prominence in the field of psychology and psychiatry. Immigrant youth already face a number of challenges when moving to a new country, including cultural barriers, language barriers and discrimination. All these barriers can significantly influence young people's mental health, creating a sense of discomfort and loneliness in their migration experience.

The COVID-19 pandemic has exacerbated these challenges, with two years of confinement increasing anxiety and stress for everyone and for young people even more. In addition, many young migrants are afraid to seek help due to stigmatization and fear of being misunderstood. Although mental health is an important issue in any community, the mental health of immigrant youth is often overlooked due to cultural and developmental factors.

It is essential that culturally appropriate mental health services are offered to immigrant youth to help them feel comfortable talking about their problems and receive appropriate help. It is also important to emphasize the work of creating a more inclusive and tolerant society.

There is much work ahead to reduce linguistic and cultural barriers and to foster the integration of immigrant youth into Canadian society. It will require a concerted effort by governments at all levels to address the mental health challenges faced by immigrant youth in Canada and to support their mental and emotional well-being.



## Effects of the pandemic on Canadian students.

The COVID-19 pandemic has affected all systems in our lives, including the Canadian education system. Students have been affected in a variety of ways, from school closures to the transition to online learning and more recently in the process of readjusting to face-to-face or hybrid classes.

The impact has been particularly significant for low-income students, students with disabilities and students from minority communities.

During the 2020-2021 school year, online learning became the norm for many students in Canada and around the world. Despite the efforts of educators and students, the transition has not been easy. Students have faced obstacles such as lack of internet access, lack of adequate equipment, lack of a suitable study environment and lack of social interaction with other students and educators.

As Canada recovers from the COVID-19 pandemic, it is important to pay attention to the lasting impacts on the education system and students.

# Canadian banks gain ground with fintech clients

Recently Silicon Valley Bank collapsed, one of the most important banks in the United States, this was due to the bank increasing its risk of excess deposits between 2018-2021. Additionally, the bank had been facing several financial problems due to its exposure to the technology sector and the lack of diversification of its client portfolio. Its collapse, is the biggest collapse of a bank since the 2008 crisis.

Hand in hand with this situation, Canadian banks have been experiencing an increase in the number of loans granted to technology companies in the United States, according to a report by Silicon Valley Bank (SVB).

The report maintains that Canadian banks have benefited from economic activity in the United States, and in particular, from the rise of technology companies. The report also highlights that Canadian banks have been more active in the technology sector compared to other sectors of the economy

According to the report, Canadian banks have increased their activity in the United States due to the strength of the Canadian dollar, which has made it easier and more profitable for Canadian banks to lend to American companies. In addition, the report highlights that Canadian banks have been very active in the market for loans to technology companies, which has driven the growth of the sector.

The SVB report suggests that Canadian banks will continue to be an important source of financing for technology companies in the United States. The report also highlights the importance of Canadian banks in financing technology companies around the world and suggests that their role in the technology sector will remain vital in the future.



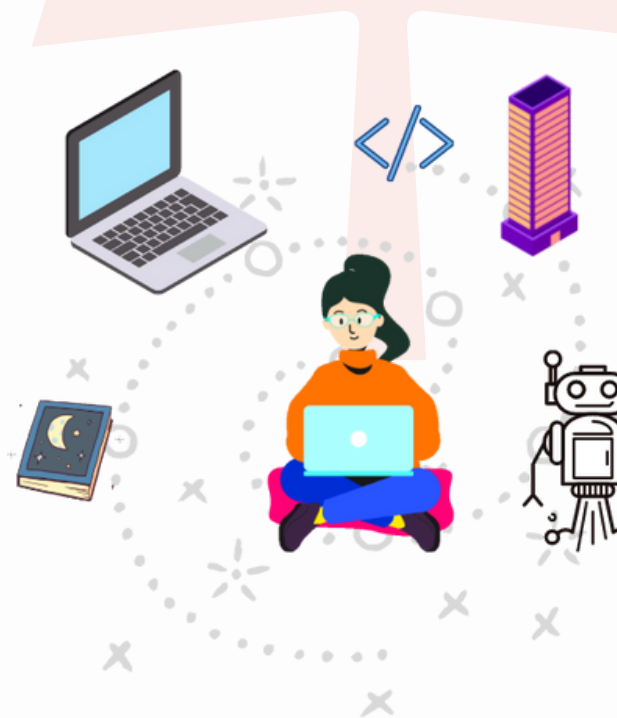
## Technology and the gender gap

Technology can be a powerful tool to empower women and improve their quality of life, however, it can also perpetuate gender inequality and discrimination.

According to a report by the World Economic Forum, the gender gap in access to technology remains significant worldwide. In many developing countries, women have less access to mobile devices and the internet than men, limiting their ability to connect with the world and access important information and resources.

Despite these challenges, there are also examples of how technology can be a powerful tool to empower women. For example, in some countries, women are using technology to access information about health and education, as well as to connect with other activists and community leaders.

It is important to address these issues and work towards a future where technology is a positive force for gender equality. This requires concerted action at the local and global levels, as well as a focus on educating and empowering women and girls in the use of technology.



# Canada: A country of immigrants.



Immigrants are very important and have played a key role in the country's economic, social and cultural history and development. Almost a quarter of the Canadian population is immigrant. Immigrants contribute to the Canadian economy by filling labour shortages and paying taxes, as well as by investing in goods, housing and transportation.

The Canadian government has implemented policies to encourage immigration and attract skilled and talented workers to the country. Immigrants are valued for their contribution to the well-being of the country's communities and economic sectors. With these plans, Canada is preparing to welcome 1.4 million people over the next three years. Many are arriving from countries as near or as far away as the United States and Argentina. These people coming to Canada perceive the country as friendly to people in their situation.

Some of the institutions that welcome and support immigrants on their arrival in the country are:

**Immigration, Refugees and Citizenship Canada:** <https://www.canada.ca/en/immigration-refugees-citizenship.html>

**Consejo Nacional de Bienestar Social de Canadá:** <https://www.casw-acts.ca/>

**YMCA:** <https://afhhamilton.ca/apoyo-al-inmigrante/>

# Message from the president



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[membership@canadianhispaniccongress.com](mailto:membership@canadianhispaniccongress.com)

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April 22 of 2023  
International Earth Day

Dear friends of the Canadian Hispanic Congress.

As issues affecting students are particularly important to me, please allow me to discuss some of them here.

We seem to be experiencing a dramatic increase in the number of individuals being diagnosed with anxiety. I am concerned with the increasing number of youngsters, who starting even earlier in their young lives, many from marginalized and refugee groups, are being diagnosed with anxiety. We all seem to be looking for strategies to help our students. I recently read an important article published by the Edcan Network, which explores this problem and offers some solutions.

I know that insecurities about the present and the future, social pressures, the transition from childhood to young adulthood and dealing with illness and loss are just some of the stressors for youngsters. For immigrant youth, migration issues, language barriers, social isolation, separation from support systems and the processes involved in adapting to a new environment are added factors that can dramatically affect their mental health.

The Quebec Mental Health Committee(1989) describes mental health as “a person’s state of psychological equilibrium at a given moment, resulting from interactions among biological, psychological and contextual factors (including cultural factors).”

Dr. Garine Papazian-Zohrabian, an associate professor in the Department of Psycho-Pedagogy and Andragogy of the Faculty of Education of the University of Montreal, explains that given the importance of school settings in youngsters lives, teachers and school communities can significantly contribute to the solution. Dr. Papazian-Zohrabian proposes that this can be done through group activities provided within a supportive environment, can effectively lead to improved mental health for students, families, and school communities.

Highlighting the important contributions teachers make in their students’ lives, Papazian-Zohrabian believes that they can lead the way towards the promotion of student mental health, explaining that teacher-facilitated groups and conversation opportunities within school settings, can benefit students by providing safe spaces for students to open and express themselves about their identity, history, beliefs, fear, grief and traumatic experiences. A neutral, non-judgemental, and sympathetic environment can lead to students finding their own voice within their school communities, as well as encouraging interpersonal skill development and bonding with peers and adults.

Please share with me your own concerns regarding mental health at [president@canadianhispaniccongress.com](mailto:president@canadianhispaniccongress.com)

Warm regards,  
Monique Forster  
President, Canadian Hispanic Congress



40 YEARS  
CANADIAN  
HISPANIC  
CONGRESS

