



RESOURCES

for Immigrants & Refugees

Coming to a new country as an **immigrant or refugee** is a big transition for kids and families. Here are some things to keep in mind as you and your family adjust to this big change.

Stress and Trauma

Moving to a new country is **stressful** for almost anyone, and **traumatic** for some. Both stress and trauma can impact people's brains and mental health, but they are a little different.

stress

things that are challenging and difficult, but not life-threatening or dangerous

examples of stress

- having a hard time learning a new language
- living in temporary or crowded housing
- being separated from family members
- having a hard time making money
- kids adjusting to new school systems
- worrying that others will judge you

Stress can cause problems for kids in sleep, mood, and schoolwork but they are sometimes able to manage it on their own and will probably get better once the stressful thing stops.

trauma

things that are scary *and* life-threatening, dangerous, or physically harmful

examples of trauma

- exposure to violence or being persecuted
- being removed from your home by force
- deaths of family members
- being in an accident or natural disaster
- being sexually or physically harmed
- being threatened by others

Trauma can cause lots of mental health and physical problems for kids and they will likely need support to deal with these things. Symptoms can still happen even after the traumatic thing stops.

It's common for many immigrant and refugee families to experience higher-than-usual amounts of stress and trauma. These things might have been the reason why you left your home country in the first place, or they can happen in the process of coming to a new country, or they can happen after you arrive in a new country. **It's important to ask for help when you can - there are many organizations that exist to help people like you** get access to resources, get help navigating new systems, and build relationships with others.



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Organizations That Can Support

Here are some organizations in Yakima County that offer support for immigrants & refugees.

Northwest IMMIGRANT RIGHTS Project

www.nwirp.org

509-854-2100



www.waisn.org

1-844-724-3737



www.cwjfon.org

509-300-1101



www.lacasahogar.com

509-457-5058



Nuestra Casa

www.nuestracasawa.org

509-839-7602

Know Your Rights

Every person in the United States **has certain rights** when interacting with law enforcement (this includes the police, FBI, or immigration agents like ICE). This applies to you and your children **whether you are citizens of the United States or not.**

1. You have the right to remain silent if a law enforcement agent approaches you.
2. You do not have to let a law enforcement agent into your home **unless** they have a warrant signed by a judge.
3. You have the right to talk to an attorney or lawyer before you answer questions that are asked by law enforcement.
4. You have the right *not* to be deported by an immigration agent without a hearing with an immigration judge.

Have questions or need representation by an attorney or lawyer?

Contact the Northwest Immigrant Rights Project Office in Granger, WA (509-854-2100)