

Article Information

Received date: Nov 14, 2018

Accepted date: Nov 15, 2018

Published date: Nov 20, 2018

*Corresponding author

Raj Rasasingham, Department of
Child and Adolescent psychiatry,
University of Toronto, Canada,
Email: rrasasingham@hrh.ca

Distributed under Creative Commons
CC-BY 4.0

Editorial

How Immigration Policy is Impacting Children's Mental Health?

Raj Rasasingham

Department of Child and Adolescent psychiatry, University of Toronto, Canada

As I watch the current immigration issues south of the border, I look towards what impacts in may have on children's mental health. As children leave their homes, friends and extended family for better opportunities; what is the impact on their mental health.

There has been great deal of evidence that immigrants are prone to higher incidence mental health conditions. This may be particularly true for psychotic disorders. There is some evidence for social networks in third world countries being protective for schizophrenia as well other psychotic disorders. Even in the mood disorder literature, there is ongoing evidence for the influence of the environment for these conditions in relation to genetics.

I have advocated and will continue to advocate for humane treatment of refugees and economics migrants, particularly children. I was immensely concerned as well as my fellow psychiatry colleagues about the inhumane treatment of migrants. Separating children from their parents will cause lasting psychological issues. Attachment is important to early development. The acute separation during a period of such transition will have lasting impact on mental health as well as personality development.

As a child psychiatrist, I come across so many issues in regard to attachment and personality development. This requires significant support as was as usage of economic recourses. If public policy can be responsible worldwide in regard to migrants and children; good outcomes can be fostered. Migration itself is a huge stress, thus responsible public policy has to be developed by first world nations. Children in particular are particularly vulnerable to these stressors. Moreover, many of them have no choice but to travel with their parents and as such we have to be even more compassionate to their wellbeing.

As I think about how much we have in the first world, we cannot forget how much wealth is unevenly distributed around the world. This may be the nidus of migration as well ethnic conflict. If we make responsible public policy in terms of immigration and aid to the developing world we may in fact be able to prevent future migrant issues. A global perspective has to taken with aspect public policy decisions in the eastern world because it certainly has effects so many nations around the world. Moreover, these decisions have lasting impact on the children of the world, particularly in the developing world.