

July 15, 2024

Digital Inclusion & Mental Health Micro-Learning Series

Supporting Afghan Newcomers

switchboard
connecting resettlement experts





Micro-Learning Contributors



Freschta Naseri

Subject Matter Expert,
Digital Inclusion



Julie Heller

Program Manager,
Digital Inclusion



Megan Rafferty

Training Officer, Mental
Health and Wellness

Micro-Learning Series: Session Dates and Times



1

June 10, 2024

12:30 – 12:45 PM ET

2

June 17, 2024

12:30 – 12:45 PM ET

3

June 24, 2024

12:30 – 12:45 PM ET

4

July 8, 2024

12:30 – 12:45 PM ET

5

July 15, 2024

12:30 – 12:45 PM ET

6

July 22, 2024

12:30 – 12:45 PM ET



Disclaimer

- This presentation will introduce technology as a **complimentary tool** in mental health services.
- This presentation will focus on technologies that have **realistic accessibility rates** in the realm of resettlement.



5

Discussing Self-Harm Ideation

July 15th 2024

Learning Objectives



By the end of this session, you will be able to:

1

Recognize

common mental health concerns
Afghan families encounter at different
stages of their resettlement journey

2

Identify

ways to integrate technological tools
and resources in supporting Afghan
newcomers seeking mental, social,
and emotional health services



Meet Zohra



- We will watch a five-minute animation of Zohra, a newcomer who arrived without her family, at the start of her resettlement journey.
- Zohra will be experiencing strong feelings of guilt, occasionally ideating about self-harm.
- Questions submitted in the Q&A box will be discussed after the animation.
- Recommended Resources will be shared.



slido



How does Zohra's use of technology effectively support her in coping with feelings of guilt and self-harm ideation?



Action Steps

- Assist in registering with, and creating logins and passwords for, downloaded telehealth apps.
- Emphasize the benefits and ease of telehealth.
- Provide emergency contacts, hotlines, and chat forums to reach out to when ideating about self-harm.



Recommended Resources



- Telehealth Apps (based on provider)
- Suicide and Crisis Lifeline: Telephone: 9-8-8 and Chat: 988lifeline.org/chat Substance Abuse and Mental Health Services Administration

Learning Objectives



Now you are able to:

1

Recognize

common mental health concerns Afghan families encounter at different stages of their resettlement journey

2

Identify

ways to integrate technological tools and resources in supporting Afghan newcomers seeking mental, social, and emotional health services



Questions?

Type your question in the **Q&A**

Click **thumbs-up**  to vote for others' questions



Help us help you!

Scan the QR code or click the link in the chat to access our feedback survey!

- Five questions
- 60 seconds
- Help us improve future training and technical assistance

