

# TRAUMA AND MIGRATION RELATED TO CONFLICT AND DISPLACEMENT

Each stage of the journey from pre-migration to post-migration highlights certain stressors as well as common traumatic stress reactions.



**Pre-Migration**



**During Migration**



**Post-Migration**

This stage involves life before displacement and often includes exposure to intense violence, political persecution, or other severe human rights violations.

**Common Stressors:**

- War and conflict
- Persecution
- Torture or abuse
- Separation from family

**Common traumatic stress reactions:**

- Hyper-arousal
- Anxiety and panic
- Flashbacks and intrusive thoughts
- Numbing or dissociation

The migration journey itself can be extremely dangerous, often involving perilous border crossings, long stays in refugee camps, or dangerous routes via land or sea. This stage is filled with uncertainty, further compounding trauma.

**Common stressors:**

- Physical exhaustion
- Exposure to violence or exploitation
- Detention or interrogation
- Fear of the unknown

**Common traumatic stress reactions:**

- Chronic stress and hypervigilance
- Despair and hopelessness
- Physical symptoms
- Grief and guilt

Once individuals reach their new country, they face the challenge of settling into an unfamiliar culture, language, and system. This stage often brings its own set of challenges and can trigger re-traumatization.

**Common stressors:**

- Cultural displacement
- Economic hardship
- Discrimination or xenophobia
- Legal uncertainty

**Common traumatic stress reactions:**

- Depression and anxiety
- Re-traumatization
- Avoidance behaviors
- Difficulty trusting others

## Resources



[CAMH – New Beginnings Clinic: CAMH Services for Newcomers](#)

[Canadian Centre for Victims of Torture](#)

[Caring for Kids New to Canada](#)

[BC Refugee Hub – Mental Health Toolkit for Refugees and Refugee Claimants](#)

[Government of Canada -Mental Health and Well-Being Support for Newcomers](#)

[Multicultural Mental Health Resource Centre](#)

[OCASI - Mental Health Promotion](#)

[Settlement.org – Mental Health and Addiction](#)



**Scan to learn more and register**

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From the training “Addressing Pre & Post Migration Trauma Related to Conflict and Displacement”