

CLARITY

Co-designing a Health Literacy Tool for Migrants to Empower Primary Care and Community Support Networks

ABSTRACT

Migration affects over 281 million people globally and significantly influences health determinants of throughout the migratory journey. Asylum seekers (ASs), in particular, face elevated risks of depression, anxiety, and other mental health challenges compared to general population—often linked to trauma, unstable living conditions, and uncertainty. Despite these risks, their access to mental health care remains limited, with not adapted secondary care models.

Existing tools to support mental health literacy are designed for clinical settings, with few validated for self-use or deployment by community and frontline actors. Moreover, many of these tools are not culturally appropriate for ASs and may underreported symptoms.

Our participatory research bridges these gaps. Drawing on the potential of self-administered, community-based tools and the demonstrated resilience of ASs, we hypothesize that improved mental health literacy—through self-screening, better knowledge of care pathways, and stronger links between community and primary care—can enhance ASs' quality of life and integration in Europe. We advocate for a person-centered, emancipatory approach to AS mental health as a key step toward equitable care.

The project will co-design, pilot, and evaluate a mental health literacy tool tailored to ASs, their communities, and primary care professionals in France, Spain, and Sweden. Co-developed with ASs, healthcare providers, and NGOs, the tool will support symptom recognition and provide culturally relevant guidance for access to care, while raising awareness among professionals and communities about AS-specific mental health needs. We will assess the tool's adaptability and provide methodological guides and trainings for its replication in other contexts and more broadly by migrants. By engaging ASs, experts, and civil society, we aim to create an improved operational framework to support equitable mental health care across European reception systems.

KEYWORDS

- Mental health literacy
- Primary care
- Health literacy tools
- Migrant population
- Co-design
- Community empowerment
- Asylum seekers

DURATION

36 months

PARTNERS

	Name and Surname of the Principal investigator	Institution, Department, full Affiliations	City, Country
Coordinator (= Partner 1)	Martin Duracinsky	Assistance Publique - Hôpitaux de Paris	France
Partner 2	Mayssa Rekhis	University of Gothenburg	Sweden
Partner 3	PierPaolo Bardoni	THINGS srl	Italy
Partner 4	Pere Torán-Monserrat	Fundacio Institut Universitari Pera La Recerca a l'atencio Primaria de Salut	Spain
Partner 5	Luísa Santos	Nursing School of Coimbra	Portugal
Collaborator 1	Cihan Kilic	VOICIFY - The European Forum for Youth with Lived Migration Experiences	Belgium