

MENTAL HEALTH AND STRESS





NRC-RIM

National Resource Center for
Refugees, Immigrants, and Migrants

Culturally appropriate mental health and social support empowers Afghan newcomers to cope with challenges, rebuild their lives, and thrive in their new homes.

NRC-RIM's **Mental Health Toolkit**

supports Afghans who may encounter linguistic, cultural, and logistical barriers when trying to seek care, as well as organizations who serve them. Learn more at nrcrim.org/mentalhealth.



translated | culturally-validated | customizable

WOMEN'S WELLNESS





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In a series of videos and workshop materials, newly arrived Afghan women can learn about **Women's Wellness** exams in the United States, including why they are important, what to expect, and key tips like asking for an interpreter.

Organizations and community health workers wishing to host health education workshops may do so with translated and customizable slides and speaking notes. Learn more at nrcrim.org/women.



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AFGHAN MEN FOR WOMEN'S WELLNESS





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Afghan men are often involved in healthcare decision-making with their wives or female family members, which is why NRC-RIM's **Women's Wellness** videos and workshop materials have a companion series with men in mind.

This version has been culturally validated to ensure it is relevant to men serving in this role. Including men in the conversation will strengthen any organization's women's health promotion efforts. Learn more at nrcrim.org/men-for-wellness.



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RESPIRATORY ILLNESSES ARE PREVENTABLE





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Every year, “flu season” results in increased illness among people of all ages. The common cold, influenza (flu), RSV, and COVID-19 are common respiratory illnesses and can be prevented.

NRC-RIM’s **Respiratory Illnesses Collection** features translated and customizable materials in 18 languages that aid health departments, community-based organizations, health systems, and others in their work in newcomer communities during flu season. Learn more at nrcrim.org/fluseason



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STAY SAFE FROM WILDFIRE SMOKE





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As wildfires are becoming more frequent and larger in the United States and Canada, NRC-RIM developed a collection of resources to equip service providers to talk with Afghan newcomers about staying healthy from wildfire smoke.

NRC-RIM's **Wildfire Smoke Collection** incorporates Afghan cultural traditions, explains the effects of poor air quality on health and well-being, and offers solutions for staying safe from pollution and wildfire smoke. Learn more at nrcrim.org/wildfires.



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PROTECT YOUR FAMILY FROM LEAD





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The Center of Excellence for Newcomer Health has named lead poisoning as a priority health condition for Afghan newcomers, particularly infants, children, and women of reproductive age.

NRC-RIM's **Lead Poisoning Collection**

includes practical resources to support organizations and individuals working to prevent and address lead exposure and poisoning among Afghan newcomers. Learn more at nrcrim.org/lead.



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SUMMER SAFETY





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For many, summer means long hours spent outdoors, including swimming and playing in pools and other bodies of water. Recurrent heat waves have also brought additional safety concerns.

The **Summer Safety Collection** includes tips for staying safe in hot temperatures as well as around bodies of water like pools and beaches. Share translated flyers, social media assets, and text messages with Afghan newcomers in your community. Learn more at nrcrim.org/summer.



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HURRICANE PREPAREDNESS





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The **Hurricane Preparedness Collection** is designed to equip public health departments and community-based organizations to safeguard the well-being of Afghan newcomers during extreme weather events that come with hurricane season.

These resources are specifically written from a trauma-informed lens with the context of Afghans' displacement in mind, and have been translated and culturally validated into Dari and Pashto. Learn more at nrcrim.org/hurricanes.



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CONTRACEPTIVE OPTIONS





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The newest addition to the **Sexual and Reproductive Health (SRH) Toolkit** is a series of videos explaining short and long-term contraceptive options.

These videos have been translated into Dari and Pashto and culturally validated to ensure relevance in Afghan newcomer communities. With these videos, couples can make informed decisions about family planning. Learn more at nrcrim.org/SRH.



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Empowered Communities Save Lives





We believe that public health solutions should be developed in genuine partnership with affected communities. Learn about our work:

- » Promising Practices
- » Pilot Projects
- » Health Education + Communications
- » Professional Development
- » Technical Assistance



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