

Home is Here: Supporting  
immigrant  
Educators, Students and families

# Invisible Wounds

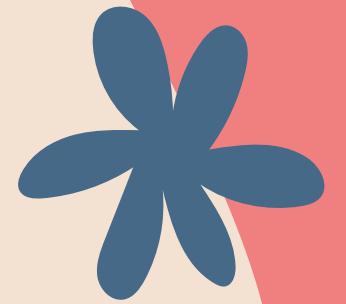
The Emotional Toll on  
Immigrant and Mixed-  
Status Families



# Introduction

Over 5.9 million U.S. children live with at least one undocumented parent. These families live in constant uncertainty.

Many families in the U.S. live in fear due to immigration status.



# What Are Mixed-Status Families? & Why Are They Living in Fear?

Families where members have different immigration statuses, such as undocumented parents and citizen children.



Parents fear detention or deportation. Children carry emotional burdens beyond their years, such as fear of losing their parents.



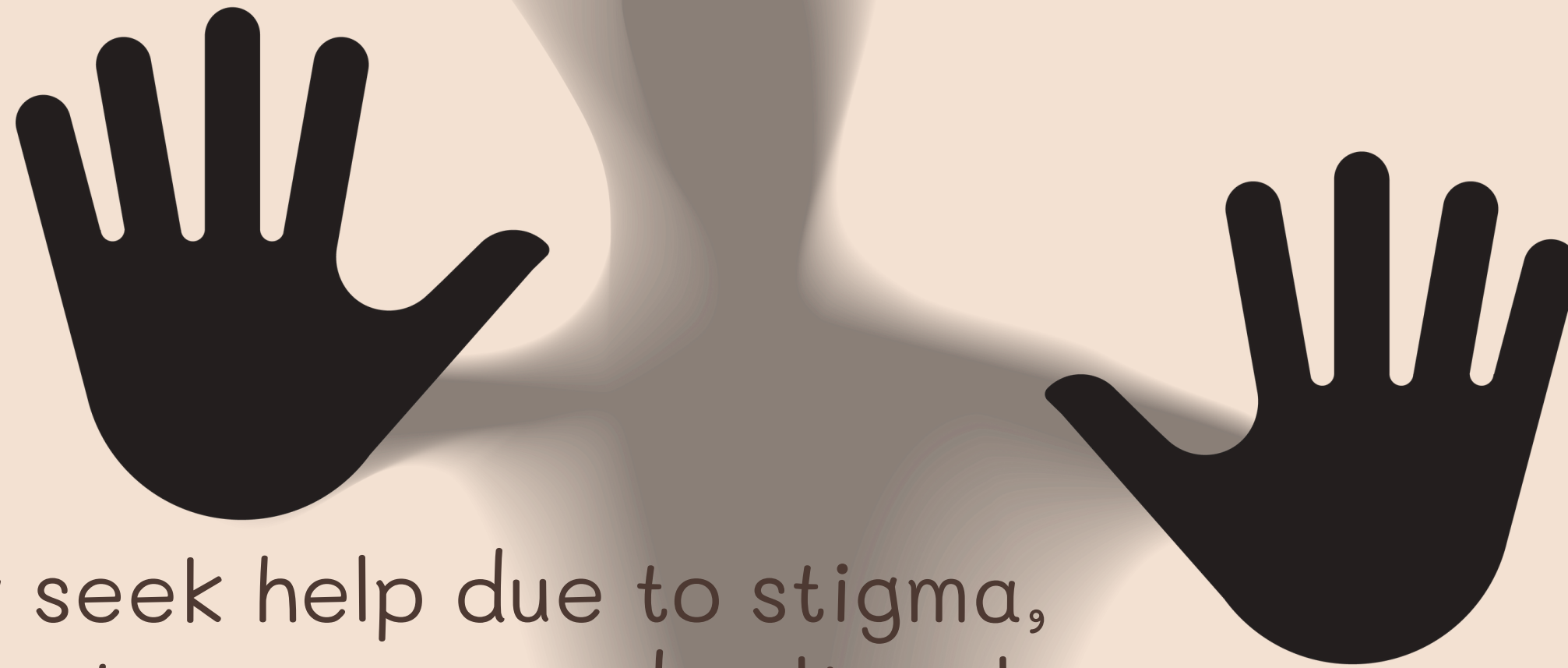
# Mental Health Impacts



Families are avoiding schools, clinics, and police due to deportation threats.

There is an increase in anxiety, depression, PTSD, and toxic stress affecting both adults and children in these families.

# Silence & Stigma



Families rarely seek help due to stigma, shame and fear. Language and cultural barriers make things worse.

Even citizen children suffer from trauma, confusion, and fear when their families are at risk.

# What Can We Do?

Support Inclusive Policies

Expand Access to  
Mental Health Care

Foster Community  
Support



These families are strong—but they shouldn't have to be. Let's stand in solidarity with them.

# Why is Stress Management Important?

- Prolonged stress can cause physical and mental fatigue.
- Increases the risk of diseases such as high blood pressure and anxiety disorders.
- Stress management helps improve quality of life and productivity.



# Signs and Symptoms of Stress



## *Signs of Stress to Watch Out For*

### Physical Symptoms

- Headaches, muscle tension, digestive problems.
- Increased heart rate, insomnia.

### Cognitive & Behavioral Symptoms

- Difficulty concentrating and making decisions.
- Increased consumption of food and habits.

### Emotional Symptoms

- Irritability, excessive anxiety, mild depression.
- Feeling overwhelmed and unmotivated.

# Stress Management Strategies

## Physical Activity and Exercise

- Walking, running, or cycling can reduce stress hormones
- Exercise increases endorphins that make you happier

## Get Enough Sleep

- Lack of sleep increases stress and reduces productivity
- Create a healthy sleep routine (sleep 7-9 hours per night)

## Time Management

- Prioritize tasks using the "Eisenhower Matrix" method
- Avoid multitasking which can increase stress

# When to Seek Professional Help?



## *When to Seek Professional Help?*

Managing stress on your own with techniques such as exercise, meditation, and time management is effective. However, in some cases, stress can become excessive and difficult to manage on your own. If stress is interfering with your daily life, productivity, or mental health, it is wise to seek professional help.

## *Signs You Need Professional Help*

- Stress that lasts more than a few weeks and interferes with daily activities.
- Difficulty controlling emotions or having panic attacks.
- Worsening symptoms of anxiety or depression.
- Drastic changes in sleep patterns, appetite, or daily habits.

# Supports within SMMUSD



**General check-ins** with Bilingual Community Liaisons, Teachers, Principals, Student Support Advisors and Counselors (secondary and McK)

**Weekly counseling** through contracted agencies and district MSW interns - group and individual services available (limited capacity) through a referral process. **Hazel health** for virtual services as an at-home option or at school in some locations.

**Group or Individual Counseling through IEP** related services (students who were assessed and diagnosed with disabilities) - Available for students with an identified need and goal on their IEPs delivered by a School Psychologist or Intern.

**ERICs** (Educationally Related Intensive Counseling Services) - Students who have had counseling in their IEPs, but need more intensive services. Can include Individual counseling, parent counseling, behavior intervention services, and social worker services.

# Mental health challenges don't take a summer break. Neither do we.

Summer can mean routine changes, unstructured time, and the stress of new transitions. But did you know our school offers students access to Hazel Health's online therapy program all summer long?

Match with a licensed therapist that specializes in kids and teens for virtual sessions — **right from home.**



### Expert support

1-on-1 counseling from a professional therapist.



### Proven to work

90% of students improve after 6 therapy sessions.



### Fast and easy

No commute.  
No long waiting lists.  
No doctor referral needed.

POWERED BY  Hazel Health



## Free for *all* students

Sign up for our \$0 online therapy program today by scanning the QR code or calling 888-541-7063.



The background features a light beige color with various decorative elements: a large pink circle at the top center, a red flower in the top left, a red flower in the bottom right, and abstract shapes in red, pink, and green with dashed lines and wavy patterns on the left and right sides.

# Conclusion & Q&A

Stress is an unavoidable part of life, but it can be managed with the right strategies. By understanding the causes of stress, recognizing the symptoms that arise, and implementing stress management techniques such as meditation, exercise, and time management, we can increase mental resilience and maintain balance in our lives. If stress feels increasingly severe and difficult to control, do not hesitate to seek professional help to maintain mental health.