

# Understanding Mental Health, Disclosure, and Help-Seeking Behaviour of Postgraduate Algerian International Students upon Return to Algeria

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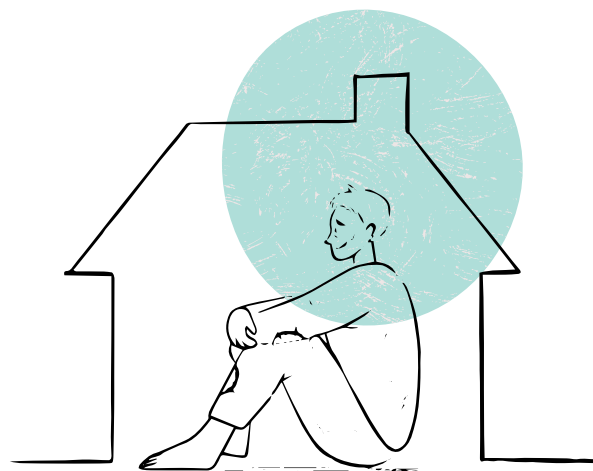
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## INTRODUCTION

- Returning to Algeria after studying in the UK involves re-adjusting to a familiar yet changed cultural environment.
- Challenges include coping with reverse culture shock and managing family and societal expectations.
- Cultural differences impact mental health and well-being.
- Experiences of reintegration among Algerian international students (AISs) remain underexplored.



## OBJECTIVE

- To examine the effects of returning home on AISs' mental health literacy.
- To identify challenges and facilitators influencing their willingness to disclose mental health issues and seek professional help.
- To explore coping strategies used to manage mental health challenges during reintegration.

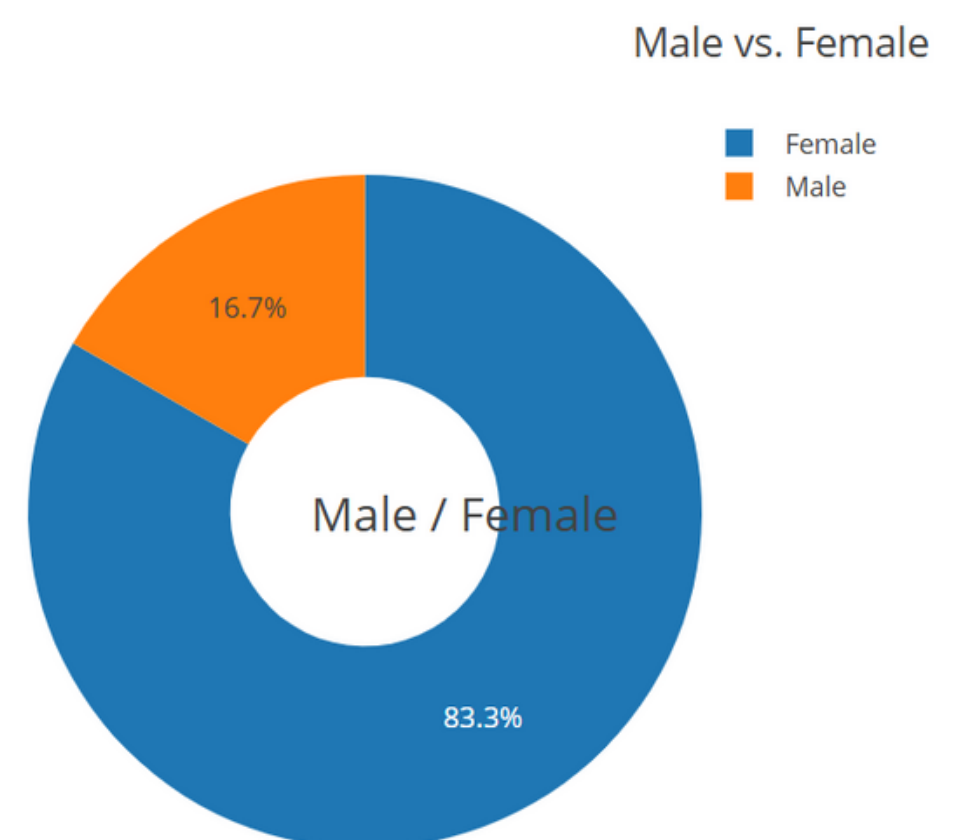
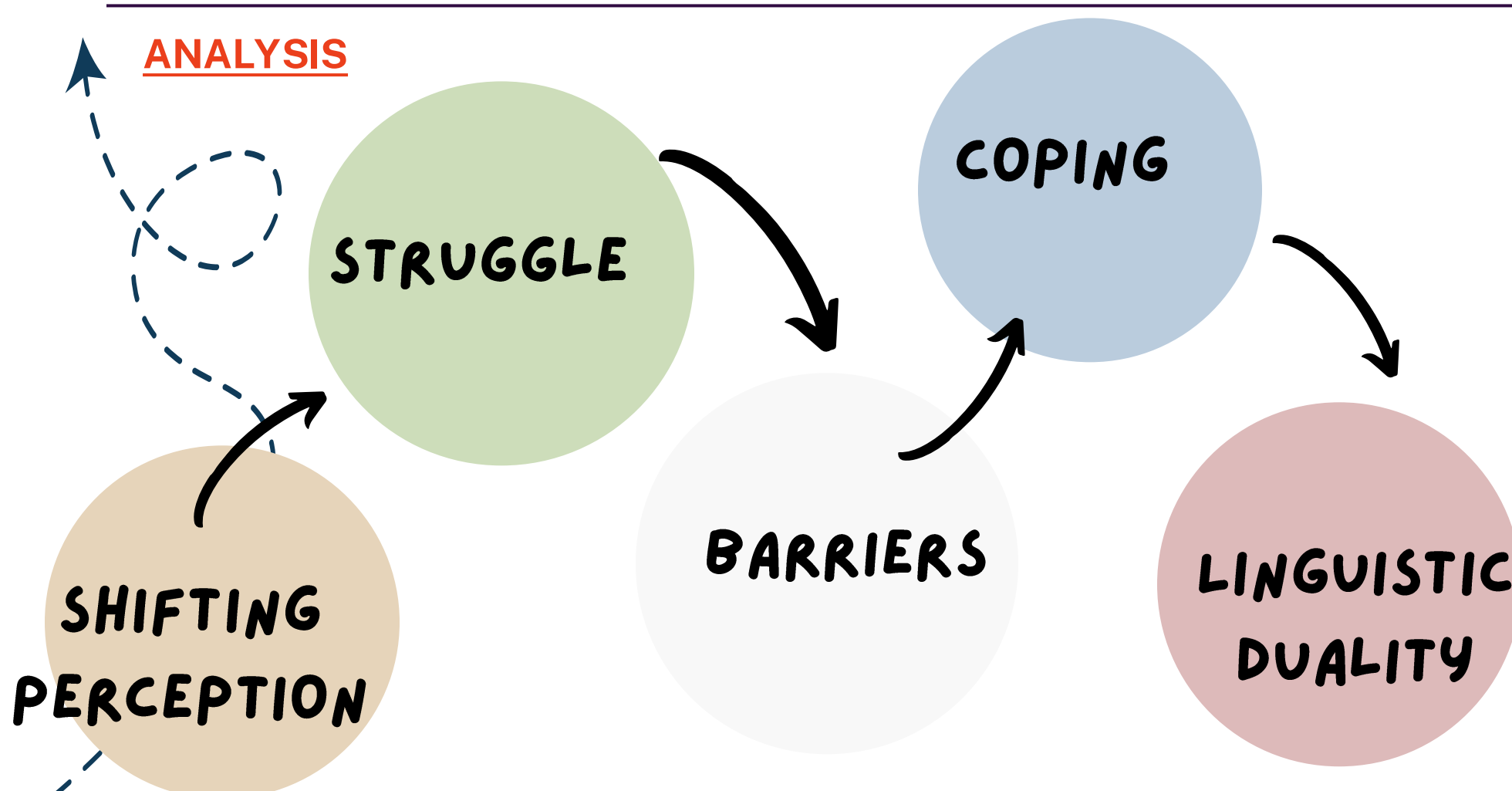
## METHODOLOGY

- To examine the effects of returning home on AISs' mental health literacy.
- To identify challenges and facilitators influencing their willingness to disclose mental health issues and seek professional help.
- To explore coping strategies used to manage mental health challenges during reintegration.

## RESULTS

- Shifting Perceptions: Evolving understandings of mental health among returnees.
- Struggles of Return: Mental health challenges experienced in familiar territory.
- Silent Struggles: Barriers to seeking mental health support.
- Coping with the Unfamiliar: Adaptive strategies employed in familiar surroundings.
- Linguistic Duality: Use of mother tongue in mental health narratives.

## ANALYSIS



## CONCLUSION

- The transition back to Algeria profoundly affects AISs' mental health.
- Highlights the complex interplay between cultural reintegration and mental well-being.
- Emphasizes the need for culturally sensitive support to facilitate AISs' post-return adjustment.
- By addressing challenges, stakeholders can promote mental health literacy and improve access to resources, enhancing reintegration experiences and long-term well-being.

## References

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