

support remains limited, with minimal consular and organizational collaboration, economic challenges, emphasizing the need for stronger international and social support systems.

Disclosure of Interest: None Declared

EPP044

Nomadic souls: Exploring the Mental Health Journey of Migrants through Art

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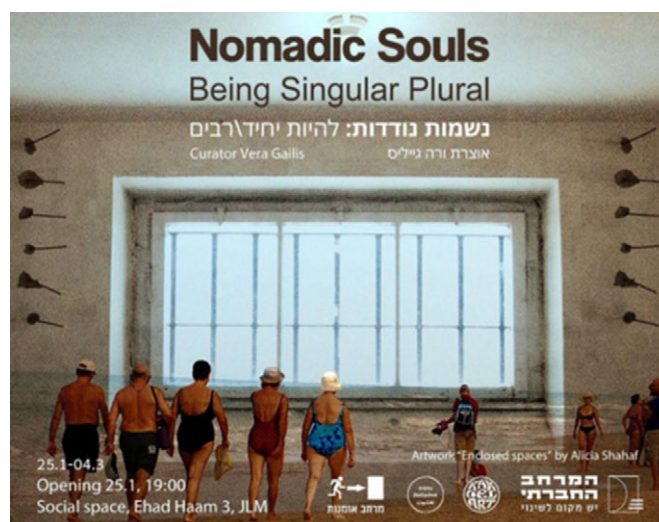
Introduction: *Nefashot*, meaning “Souls” and “People” in Hebrew, is an initiative dedicated to promoting mental health awareness through cultural and artistic expressions, fostering inclusive dialogue. Art serves as a critical tool in this mission, using its visual language to make difficult conversations possible and amplify voices that are often unheard.

Objectives: The “Nomadic souls” project aims to raise awareness about the intersection of migration and mental health through the presentation of high-quality contemporary art in exhibitions, curated by professional curators and researchers. By showcasing diverse artistic perspectives, it seeks to foster deeper understanding and dialogue around these critical issues.

Methods: This project is a collaboration between *Nefashot*, the art initiative KAKDELART, and curators Vera Gailis and Anna Smoliarova, who together launched a call for Israeli artists with diverse immigrant backgrounds under the theme “Nomadic Souls.” The call invited artworks exploring the connection between migration and mental health. So far, the project has produced two exhibitions: “Being Singular/Plural,” which centered on the concept of belonging, and “A Semiotics of the Start,” which delved into the experience of language acquisition. Each exhibition was accompanied by events like literature readings, artist networking, and pop-up photo exhibitions, fostering community engagement and inclusivity.

Results: The project made significant strides in building collaborations and laying the foundation for a platform that facilitated discussions on migration and mental health within both immigrant and local communities. It successfully increased public awareness of these issues and established sustainable partnerships that continued to support the community. Community engagement was central to the project. The exhibitions and related events actively involved migrants as participants, artists, and audience members. Collaborations with the city’s youth department for immigrant assistance were crucial, including co-funding an event that attracted a relevant and engaged audience. Beyond the exhibitions’ objecthood, the project addressed deeper issues such as suicide, anxiety, and depression. Additionally, an academic webinar with immigration professionals was held, focusing on the second exhibition catalog, further broadening the project’s impact and reach.

Image 1:



Conclusions: The *Nefashot* initiative highlights the power of art and community collaboration in addressing complex mental health issues related to migration. By fostering dialogue and partnerships, the project has expanded its reach, connecting both local and migrant communities in meaningful ways. The ongoing and future exhibitions aim to continue this momentum, establishing a lasting platform for dialogue, collaboration, and support.

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EPP045

Barriers towards mental health service utilization among religious immigrants

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Introduction: Evidence suggests that immigrants and minorities with mental distress underuse mental health services compared with the majority population. Such under-utilization, combined with other socio-cultural factors, can impede recovery from mental illness. The population of Canada is becoming increasingly diverse, primarily due to record levels of immigration. These immigrants come from a variety of traditions including Muslim, Christian, and Jewish backgrounds. For such immigrants, their religious beliefs, practices and activities are often central to their lives and influence important decisions regarding health and well-being. These changing demographics have prompted calls for more research and action regarding the mental health service experience of religious immigrants.

Objectives: The objective of this study was to identify and understand self-identified barriers to mental health service utilization