

Migration and Mental Health

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Nowadays, there is an unprecedented degree of interconnectivity and mobility, that makes worthwhile to look for migration onto the new global context by recognizing the *push* factors that pressure people to leave the *donor* country, the *pull* factors that make the *recipient* country seem attractive, confirming *patterns* and *duration* of flows.

Due to the scarcity of data, in order to explore migration among psychiatry trainees, the European Federation of Psychiatry Trainees (EFPT) has done a survey to assess opinions and experiences of international migration. The results provided by this study bring an overview of migration among trainees and the challenges faced in this pathway. This data analysis and discussion can lead to further comparisons with other groups, contributing to the necessary steps into effective policy interventions that optimize the impact of migration for all the concerned.

Since *Brain Drain* has moved to the forefront agendas, as an attempt to guide national action and multilateral cooperation, WHO reported in its *Global Code of Practice on International Recruitment of Health Personnel* a framework for tackling the shortage in the global health workforce, with ethical, legal and institutional considerations. However, greater efforts are still needed to ensure that health workforce systems are strengthened everywhere.

These individuals that migrate have to adjust to new surroundings and to cope with the stresses, which is potential for the disruption of their mental health. Migration within psychiatry will probably continue, being essential to enhance support to those who migrate, and actually influence the mental health care provided internationally.