



The Impact of Perceived Discrimination on Depression Among Immigrant Communities

Sakamoto Keiji*

Department of Psychiatry, Nagoya City University, Nagoya, Japan

DESCRIPTION

Immigrant communities often face complex emotional and psychological challenges while adapting to new countries. Migration can bring opportunity and growth, but it also introduces cultural, social and emotional strain. Among these difficulties, perceived discrimination plays a significant role in shaping mental health. Experiences of exclusion, stereotyping or subtle social rejection can contribute to feelings of sadness, anxiety and disconnection. Even when individuals achieve stability in employment, housing or legal status, the emotional burden of being treated as an outsider can persist and affecting overall well-being. Discrimination does not always take the form of direct hostility. It can also appear through small, repeated experiences such as being ignored in public, receiving indifferent service or feeling unwelcome in workplaces and neighborhoods. Over time, these experiences can accumulate and deeply affect emotional stability. People who regularly encounter such behavior often develop a sense of social invisibility, leading to frustration, loneliness and self-doubt. The psychological impact of these repeated interactions can be as damaging as more overt acts of exclusion.

Emotional health tends to suffer most among those who lack strong social or cultural support networks. Individuals without friends, family or community groups nearby often experience greater isolation and higher levels of distress. Conversely, those who engage with cultural associations, neighborhood groups or ethnic community centers tend to report more emotional balance. Shared cultural spaces provide comfort, mutual understanding and a sense of belonging. These environments help restore identity and confidence by offering empathy and acceptance that may be missing in broader society. Urban settings often intensify these challenges. Large cities can create conditions where people feel anonymous and disconnected, even when surrounded by others. Language barriers, unfamiliar social norms and the fast pace of urban life can make it difficult for immigrants to form meaningful relationships. In such contexts, community-based gatherings and cultural organizations become

lifelines, providing both emotional safety and practical guidance. They create spaces where people can share their experiences without fear of misunderstanding or judgment.

Discrimination's effects extend across all income and education levels. Even those who are financially stable or highly educated can experience feelings of exclusion. Economic or academic success does not automatically lead to social acceptance. True integration involves emotional recognition being respected, valued and included in social and civic spaces. Without this, individuals may continue to feel disconnected from the larger society despite outward success. Social belonging, therefore, becomes essential to emotional health. When individuals feel recognized and accepted, their capacity to manage stress and maintain resilience increases. Supportive relationships serve as protective buffers, reducing the psychological harm caused by discrimination. Shared experiences within a community help individuals reinterpret exclusion as a collective challenge rather than a personal failure, lessening its emotional weight.

Inclusive public attitudes and policies are also vital in reducing the psychological impact of discrimination. Societies that promote cultural understanding, mutual respect and diversity create safer emotional environments for everyone. Public awareness campaigns, language assistance services and intercultural programs can foster empathy and improve communication between communities. Encouraging dialogue across cultural lines not only reduces prejudice but also enriches the broader social fabric. Access to mental health care remains another key factor. Many immigrants are hesitant to seek psychological support due to stigma, cost or unfamiliarity with local systems. Providing mental health resources in multiple languages and training professionals in cultural sensitivity can help bridge this gap. Emotional support services that acknowledge the immigrant experience are more effective in building trust and delivering meaningful care.

The connection between discrimination, social exclusion and mental health emphasizes the need for compassionate, community-based solutions. Economic integration alone cannot

Correspondence to: Sakamoto Keiji, Department of Psychiatry, Nagoya City University, Nagoya, Japan, E-mail: keiji.sakamoto@ncu.ac.jp

Received: 30-Aug-2025, Manuscript No. JOP-25-30197; **Editor assigned:** 01-Sep-2025, PreQC No. JOP-25-30197; **Reviewed:** 16-Sep-2025, QC No. JOP-25-30197; **Revised:** 22-Sep-2025, Manuscript No JOP-25-30197; **Published:** 30-Sep-2025, DOI: 10.35248/2378-5756.25.28.770

Citation: Keiji S (2025). The Impact of Perceived Discrimination on Depression Among Immigrant Communities. 28:770.

Copyright: © 2025 Keiji S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original author and source are credited.

guarantee well-being; emotional inclusion must be prioritized. Strengthening local networks, promoting cultural understanding and ensuring equal access to mental health services can collectively build stronger, more inclusive societies. As global migration continues to rise, ensuring that every individual feels valued and respected is not just a social goal but a moral responsibility. When communities commit to empathy, inclusivity and understanding, they create environments where diversity is not merely tolerated but celebrated and where emotional resilience can truly flourish. Sharing personal narratives about migration, struggle and adaptation allows

individuals to process their experiences while helping others understand the emotional depth of relocation. Art, music and community festivals play a key role in reclaiming identity and transforming pain into cultural pride. These activities encourage positive self-expression, build solidarity and reduce feelings of invisibility. Moreover, fostering understanding between immigrants and local citizens through language exchange programs or volunteer initiatives promotes empathy and mutual respect. Such initiatives not only ease integration but also enrich the cultural and emotional landscape of the host society, creating harmony through shared humanity.