

ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



# **Stories of Hope from Bhutanese Refugees: Moving from Distress to Wellness**

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## **VIDEO USER'S GUIDE**

**How to Use this Video to Promote  
Emotional Wellness and Suicide Prevention  
among Bhutanese Refugees**

## Introduction

A number of Bhutanese refugees who resettled in the United States in recent years have experienced high levels of emotional distress. Early community-based interventions with vulnerable individuals can help to reduce emotional, social and psychological stressors, and lower the risk of individuals developing more serious mental health concerns. The Office of Refugee Resettlement (ORR), together with Bhutanese community leaders and mental health professionals, created this video to promote emotional wellness and suicide prevention.

## Purpose of the Guide

This guide provides a brief overview of the video, *Stories of Hope from Bhutanese Refugees: Moving from Distress to Wellness* and the seven profile videos that accompany it. The guide is intended for community-based organizations, refugee service providers, health and behavioral health educators, and other professionals or stakeholders who work with Bhutanese refugees in the U.S. or abroad.

## Target Audience

The content of the video is aimed at Nepali-speaking Bhutanese refugees living in the United States. However, Bhutanese refugees pending resettlement, new arrivals, and former refugees can equally benefit from the video's message as they prepare for, engage in, or reflect on their own resettlement experience.

This video can be used as part of an orientation session for newly-arrived refugees or with an adjustment support group to address the topic of emotional wellness and suicide. Hearing the stories of other refugees will help individuals to know that they are not alone if they are experiencing distress. Hopefully, it will encourage people to share their own stories and connect with those around them as they integrate into the community.

## About the Video

The [online video playlist](#) consists of two parts:

1. **Main Video** - contains a message of hope and encouragement from the perspective of a Bhutanese community leader and includes excerpts from profiles of individual Bhutanese community members.
2. **Individual Profiles** - contains a brief profile of seven different Bhutanese community members who resettled in the U.S. and share their own personal stories of moving from distress to emotional wellness.

Ideally, the main video and profiles should be watched together to see how people have been able to overcome emotional distress and regain a sense of hope and purpose in their lives. The goal of the video playlist is to offer a personal message of hope to Bhutanese refugees who may be experiencing emotional distress, and some practical steps they can take to move towards emotional wellness. The videos contain an important message that can affect – and possibly save – lives.

- ❖ **View *Stories of Hope from Bhutanese Refugees: Moving from Distress to Wellness*:**  
<https://www.youtube.com/playlist?list=PLypiJrod4DegRLwSFFwAF6EpGNXUKJa5p>  
The audio for the video is in Nepali with English closed captioning options.

### **Additional Resources**

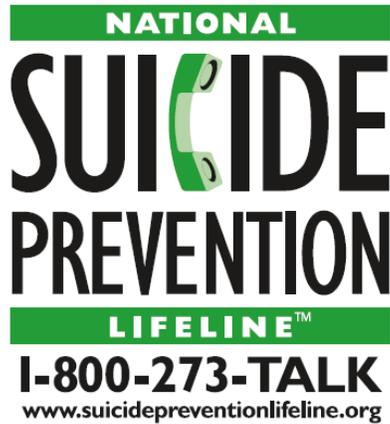
Early community-based interventions with vulnerable individuals can help to reduce emotional, social and psychological stressors and lower the risk of individuals developing more serious mental health concerns. If you or someone you know is in distress--no matter what problems you are dealing with--we want to help you find a reason to keep living. By calling **1-800-273-TALK (8255)** you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

Printable cards from the **National Suicide Prevention Hotline** are included at the end of this Guide, in English and Nepali. You can find additional materials, including online crisis counselors available for real-time chat, on their website: visit <http://www.suicidepreventionlifeline.org/>.

- ❖ **View resources to promote health and wellness:**  
SAMHSA-HRSA's **Center for Integrated Health Solutions** website:  
<http://www.integration.samhsa.gov/health-wellness>
- ❖ **Visit ORR's **Division of Refugee Health** website:**  
<http://www.acf.hhs.gov/programs/orr/programs/refugee-health>

For more information about ORR's programs and services for overall refugee health, emotional wellness and resettlement, please contact Timothy Kelly, at (202) 260-7614, or [Tim.Kelly@acf.hhs.gov](mailto:Tim.Kelly@acf.hhs.gov).

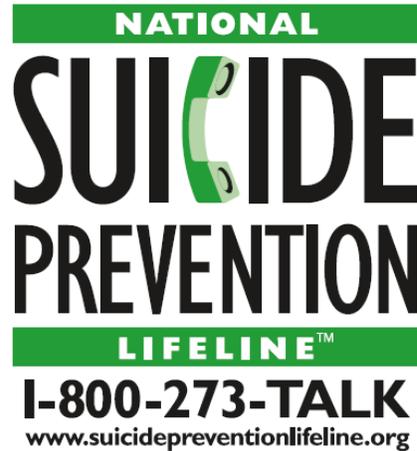
Are you or  
someone you love  
at risk of suicide?



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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)



Get the facts and take  
appropriate action.

## Suicide Warning Signs

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities—seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

राष्ट्रिय

# आत्माहत्या रोकथाम

लाइफलाइन

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[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

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Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

के तपाईं वा तपाईंले  
माया गर्नु भएका  
कोही आत्माहत्याको  
खतरामा परेका छन्?

राष्ट्रिय

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सत्यलाई पत्ता लगाउनुहोस्  
अनि सही कार्रवाई गर्नुहोस्

## आत्माहत्या चेताउनीका लक्षणहरू

मानसिक स्वस्थता तालिमप्राप्त व्यक्ति अथवा राष्ट्रिय आत्माहत्या रोकथाम को लाइफलाइन १-८००-२७३-८२५५ मा तुरन्त जतिसक्दो चाँडो सम्पर्क गरी सहयोग लिनुहोस् यदि तपाईं वा तपाईंले चिन्नु हुने जो-कोइको निम्न लिखित लक्षणहरू देखा परे:

- चोट लगाउने वा आफूलाई मार्ने धम्किए अथवा चोट लगाउने वा आफूलाई मार्न चाहने विषयमा कुरा गर्ने
- बन्दुक, चक्की वा अरु माध्यमको पहुँच तालास गरी आफूलाई मार्न उपायहरू खोज्ने
- मृत्यु, मर्नु वा आत्महत्याका विषयमा लेख्ने वा बोल्ने जब यी कार्यहरू उसका लागि असाधारण देखिन्छन्
- निराश देखिनु
- अति क्रोधित वा रिस थाम्न नसक्ने वा बदला लिन खोज्ने
- बिना शोच जोखिमपूर्ण व्यवहारमा सामेल हुने
- अप्ठ्यारोमा परेको अनुभव गर्ने ताकि कुनै उपाय छैन
- माथक र लाघु पदार्थको सेवन बढाउने
- साथीहरू, परिवार अनि समाजबाट आफूलाई टाडा राख्ने
- बढ्दो हडबड, आक्रोश वा निदाउन नसक्ने अथवा निदाको-निदाई गर्ने
- नाटकिय रूपमा मनस्थिति बदल्ने
- बाँच्नको कुनै अर्थ नदेखेर वा जीवन उदेश्यहीन भएको अर्थ लिएर