A possible next step

5

Agree on a safe way to continue care

Explain if you move frequently or do not have a phone. Ask about other ways to receive results and continue your care.

[10]

6

If you experience racism, seek support

A community or discrimination assistance organization can help you understand your options. The resources and procedures depend on the place.

[10]

Information with sources

[10] OMS / WHO · Refugee and migrant health (2026)

An information resource adapted by estigma.info. Supportive phrases are practical suggestions, not quotations or legal advice. Citing sources does not imply endorsement.

Full references and HTML version

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MOBHOPE
WP3

Your situation does not define your value.

Information for migrants in an irregular administrative situation.

Do language, documents or fear make it hard to seek help?

Administrative uncertainty may create barriers, but it does not reduce your dignity. Migrating does not mean having an infection. The conditions of access to services change depending on the country, territory and personal situation.

English · estigma.info

1

Ask for specific information about access

Ask what service you can receive, what documents are needed and if there are costs. A support organisation can guide you on the local procedure.

[10]

2

You can ask for support with the language

Ask if there is interpretation or mediation. Ask them to explain slowly and with clear words; There is no need to pretend that you have understood.

[10]

Recognise · understand · act

3

Clarify why your data is requested

Ask who will see the information and for what purpose. This brochure does not guarantee anonymity or that data will never be shared with authorities.

[10]

4

Your origin is not a diagnosis

Your health, habits or needs should not be deduced based on the country you come from, your accent or your appearance.

[10]

Understanding your options can help.

Fear and barriers are issues that services must also address. This material is not immigration advice nor does it promise a residence permit.

You can ask, "What options do I have here and who can help me understand them?"

Connected with MOBHOPE · WP3: stigma and human dignity

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