

## Health, Social Integration and Social Justice: The Lived Experiences of Young Middle-Eastern Refugees in Australia

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**Abstract :** Based on the therapeutic landscape theory, this paper examines how young Middle-Eastern refugee individuals perceive their health and well-being and address the barriers they face in their new homeland and the means that helped them to form social connections in their new social environment. Qualitative methods (in-depth interviews and mapping activities) were conducted with ten young people from refugee backgrounds. Thematic analysis method was used to analyse the data. Findings suggested that the young refugees face various structural and cultural inequalities that significantly influenced their health and well-being. Mental health well-being was their greatest health concern. All reported the significant influence the English language had on their ability to adapt and form connections with their social environment. The presence of positive social support in their new social environment had a great impact on the health and well-being of the participants. The findings of this study have implications for social justice among refugees. They also contributed to the role of therapeutic landscapes and social support in helping young refugees to feel that they belonged to the society, and hence assisted them to adapt to their new living situation.

**Keywords :** young refugees, Middle-Eastern, social support, social justice

**Conference Title :** ICPHSJ 2018 : International Conference on Public Health and Social Justice

**Conference Location :** Paris, France

**Conference Dates :** June 25-26, 2018