

Abstract:

The topic of the present thesis is the accessibility and the quality of mental health care for foreigners in Prague. The theoretical part presents some of the principle topics from intercultural psychology that are related to mental health. Further, the phenomena associated with living abroad and with mental health of foreigners are discussed. Then follows a summary of the principle findings about a good practice in psychological and psychotherapeutic work with culturally and linguistically different clients. The theoretical part concludes with an overview of the present situation of the mental health care in the Czech Republic along with information about the regulations and options of mental health care for the foreign population. The empirical part presents a qualitative research which explores what experience have English and Russian-speaking foreigners with mental health services in Prague, and what are the main barriers that hinder their access to a good quality care. The sample was composed of two groups – clinical group (n=27) and non-clinical group (n=74). The data collection was mostly done via questionnaires and semi-structured interviews. The main findings from both groups identified eight principal barriers that adversely impact the accessibility and the quality of mental health care for foreigners. Also, a short list of institutions and practitioners in Prague where foreigners may seek mental health care is provided. The principle outcomes of the research are discussed and some possible ways of improving the current situation are suggested.

Keywords:

mental health, foreigners in Prague, intercultural psychology, cultural competency, qualitative research