MMCC
Maine MultiCultural Center

IMMIGRANT RESOURCE GUIDE

KNOW YOUR RIGHTS:

Citizens and non-U.S. citizens have rights. Our MMCC office has these red cards that you can take with you anywhere in case you come across and I.C.E agent. You can show this card to I.C.E. and remain silent.

If you would like some red cards, please come to our office or let Carolina or Adrian know that you need some cards.



How to handle situations with I.C.E.:

1. *What are my rights if I am stopped by an immigrant officer in public?*
Video: https://youtu.be/FrK8aaGxRJ





2. *What are my rights if an immigration officer comes to my home?*
Video: https://youtu.be/pW4uixi4b_E

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KNOW YOUR RIGHTS:

For more information on your rights, visit Immigration Legal Advocacy Project (ILAP) website: https://ilapmaine.org/know-your-rights



TAKE CARE OF YOUR MENTAL HEALTH

Living in the U.S. as an immigrant can be challenging and cause negative emotions for various reasons. Remember to take time to:

- Do things you enjoy
- Seek therapy if needed
- Take breaks from the news and social media
- Spend time with your loved ones

Mental Health Resources:

988 Suicide Crisis & Lifeline

Call or text 988 if you or someone you know is struggling emotionally, or visit their website.

National Alliance on Mental Illness (NAMI)

Visit NAMI's website to find mental health resources near you in Maine.



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CREATE A PLAN & SEEK LEGAL ASSISTANCE

To protect yourself or loved ones, it is important to create a plan in case you are stopped by I.C.E or someone in your family is detained or deported by I.C.E.



Website: https://bit.ly/immpreptoolkit

This Immigration Preparedness Toolkit shares advice on:

- Knowing your rights
- How to plan for potential I.C.E encounters
  - Documents you should and should not carry with you
- Legal assistance, pathways to legal residency, and preparing for immigrant case
- Important resources you can access

Plan in Case of Deportation

It is important to think about the following in case of deportation and share your plan with trusted people:

- Child care
  - Who should take care of your children?
  - Letting the school know who can pick up your children
- Finances
  - Who should access your finances?
- Important documentation
  - Documents to carry
  - Where others can find your important documents in your home
- Medications
  - Ensuring you and your family will have access to important medications

Read these resources to guide your plan

Immigrant Defense Project - *Emergency Preparedness for Those at Risk of Deportation*

ILRC - *Family Preparedness Plan*

Legal Assistance Resources:

Visit ILAP's website for legal assistance or scan the QR code: https://ilapmaine.org/get-legal-help#resources