**Background:** Family members, who are the primary caregivers of their severely mentally-ill relatives, and who are further adjusting to immigration, oftentimes suffer from multitude of stressors and decreased available resources. Although Israel is an immigration nation, a research exploring immigrants, who care for their mentally-ill relative, has yet to be conducted.

**Research objective:** This qualitative research focuses on former Soviet-Union immigrants, examining the way they dealt with severe mental illness of a relative upon immigrating to Israel.

**Research method**: In depth, semi-structured interviews were conducted with 32 immigrant informal caregivers from the former Soviet-Union. Categorical content analysis was then applied to the interviews.

**Findings**: Research results highlighted the resources which supported immigrants in their coping processes: 1. Personal resources – optimism and religious faith, 2. Familial resources – a sense of duty and family support, 3. Socio-cultural resources – the place of work and consuming of leisure culture, 4. Systemic resources – partaking in appropriately-tailored cultural activities in counselling centres for families. The findings showed that using the above resources eased the sense of burden of these immigrant caregivers, improved their personal and familiar coping strategies, and fostered greater resilience.

**Conclusions and practical and policy applications**: Immigrants to Israel, who care for a family member with severe mental illness, and who experience lack of personal, familial, and social resources alongside adjustment difficulties, require maximum systemic support. Professionals should familiarise themselves with the cultural and contextual characteristics of immigrant caregivers, and support in finding, enabling and fully implementing the needed resources for them.

Keywords: Families, immigrant caregivers, former Soviet-Union immigrants, severe mental-illness, coping resources, qualitative research.