**Background:** Family members who are caring for relatives with complex mental disorders and who are also in the midst of adjusting to a new country following immigration suffer from a multiplicity of stress situations and a paucity of available resources. Even though Israel is an immigrant-absorbing state, no research dealing with immigrants caring for a family member with a complex mental disorder has, to date, been conducted.

**Research objective:** This qualitative research focuses on a group of immigrants from the Former Soviet Union (FSU) and examines how they cope with a family member with a complex mental disorder during the process of immigrating to Israel.

**Research method:** We conducted semi-structured deep interviews with 32 immigrant caregivers from the FSU. The interviews were analyzed using a content analysis methodology.

**Findings:** The research findings indicate that the resources that help immigrant caregivers in the coping process are: 1) Personal resources – optimism and religious faith; 2) Family resources – A sense of commitment and family support; 3) Cultural–social resources – The caregiver’s workplace and utilization of leisure time; and 4) Organizational resources – Participation in suitable cultural interventions in family support centers. The findings demonstrate that the use of these resources eases immigrant caregivers’ sense of a burden, improves their coping on both personal and family levels and helps develop their sense of resiliency.

**Conclusions and implications for practice and policy:** Immigrant caregivers of family members with a complex mental disorder who feel a lack of personal, family and social resources and who are experiencing continuing difficulties adjusting to life in Israel are the ones most in need for help from the establishment. Professionals must recognize the cultural and contextual characteristics of immigrant caregivers and assist them in locating, gaining access to and exploiting the resources they most require.

**Key words:** Families, immigrant caregivers, immigrants from the FSU, complex mental disorders, coping resources, qualitative research