Australia is a culturally diverse country. In Victoria, about half of the residents speak language other than English. The population of multicultural communities, immigrants and refugees from different countries will continue to raise issues for all mental health services in the coming future.

More than a quarter (28%) of the Australian population are first generation Australian born overseas. The best evidence is that newcomers bring that country of origins attitudes and prejudices to mental illness with them. Illness & suicide rates appear to be consistent with their country of origin, although more research needs to be done.

However, people from multicultural backgrounds may be at greater risk of experiencing mental health difficulties and suicide and face barriers to accessing services and supports. Those who do not speak English, including the most recently arrived, refugees and asylum seekers may be more vulnerable to risk factors. Traumatic experiences may have been the reason for immigration or concern during immigration.

FACTORS CAUSING MENTAL HEALTH ISSUES IN CALD COMMUNITIES:

- Act of Migration
- Stigma
- Lack of information about mental health services available
- Traumatic Experiences

GETTING HELP

- Attend Mental Health Forums
  Mental Health Forums offer a range of support services related to mental health support for multicultural communities. Talk to a support provider regarding your issues.

- Community Education Seminar
  Education seminar is a great way of learning more about the mental health issues in the ethnic communities.

- Join a support group
  We offer a range of cultural support groups for women including countries such as India, Pakistan, Turkey and Africa.

For more information on multicultural mental health, contact:
Mental Health Foundation Australia
www.mhfa.org.au
1300 643 287 supportgroup@mhfa.org.au