COMMUNITY EDUCATION WEBINAR – 27TH MAY 2020

Mental Health in Multicultural Communities during COVID-19

Topics

• Community well-being and mental health in multicultural communities during COVID-19
• My experience as a migrant
• Ways to manage our mental health during the pandemic
• Australian Multicultural Ambassadors Program
• Multicultural Mental Health Survey

Presented by:
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Australian Multicultural Ambassador, Mental Health Foundation Australia

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Community Well-Being & Mental Health

- Self reflection and awareness
- Social connection and inclusion, multiculturalism, diversity
- Communication and outreach
- Deepen inter-cultural understanding e.g. nationalities, ethnicities, religions, socio-economic and demographic groups, gender, sexual identity
- Isolation responses (Dr Kimberley Norris): panic & confusion -> novelty & “honeymoon” -> loneliness, despondency & frustration
- Issues: shock, anxiety, fear, worry, uncertainty, grief (loss of relationships/jobs/leisure), domestic violence, restlessness
- Build empathy and connection
- Community self-help and resilience
- Together, we are stronger and we can do more
- Physical distancing is not the same as social distancing

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My Experience:
International Student & Migrant

• Be curious and open minded – try new things, learning mindset
• Know your neighbours – dress with a smile, share food, invites to afternoon tea
• Join social and hobby groups – learn new skills and make new friends
• Volunteer – share my gifts and talents
• Understand and appreciate local cultures, traditions, customs, etiquette
• Share my culture, experience, stories and perspectives
• Give and earn respect, including respecting myself and my heritage
• Learn from people who are different from me
• Participate in professional networking events, seminars and online events
• Build emotional support and safety – pick my peers, stay with people who understand me
• Be flexible – adjust and adapt to new situations
• Be open to growth and change – step out of comfort zone, take calculated risks
• Be patient, gentle and compassionate with myself
• Trust in myself

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What I think

- Thoughts (Self-talk) <-> Feelings (Emotions) <-> Behaviour (Action)
- Understand circle of influence – know what I can and cannot control
- Take stock – understand my abilities, resources and limitations
- Check my beliefs and attitudes, their relevance and how they relate to past experiences
- Fear – is it real and accurate or is it imagined?
- The past or present does not equal the future
- Do I want to compare my performance/life?

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What I do

• Take charge – set a plan or routine
• Practise self-care – compassion and encouragement to self
• Explore online communications – overcome language and digital literacy barriers
• Maintain physical wellness – diet, sleep, rest, exercise, play
• Maintain emotional wellness - connect with family and friends
• Maintain spiritual wellness – prayer, meditation, mindfulness, connect with nature
• Maintain mental wellness – read something positive, learn a new skill or language
• Vulnerability requires courage – not a sign of weakness
• Seek help when needed – counselling, support group, professional advice
• Feeling challenged? - Take just one tiny step – It’s good enough for today
• Support one another – there’s joy in giving
• Validate the experiences and feelings of your family, friends and colleagues
• Practise gratitude, generosity and love
• Forgive yourself - it’s OK to be human and imperfect

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Report Incidents of Racism

Australian Human Rights Commission
• https://humanrights.gov.au/complaints

Victorian Equal Opportunity and Human Rights Commission

ABC News (Australian Broadcasting Corporation)

Asian Australian Alliance COVID-19 Racism Incident Report
• https://www.surveymonkey.com/r/AsianAustralian?fbclid=IwAR3tgRvn4E7szBcsywe_5E MFUDr1D40Wn1Xg6vquadg-ylWX7Mlv8YY2tj50

Online Hate Prevention Institute
• https://ohpi.org.au/

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MHFA Resources & Opportunities

- National Mental Health Helpline (**1300 643 287**)
Let’s Connect

• LinkedIn (https://www.linkedin.com/in/jamesseow)
Q & A

Type up your questions in the Q & A menu located at the bottom of your screen.

Want to learn more about Australian Multicultural Ambassadors Program?

Email us: admin@mhfa.org.au or call us 1300 643 287

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NATIONAL MENTAL HEALTH HELPLINE
1300 643 287

If you have any questions, we are here to help you!

JOIN AUSTRALIAN MULTICULTURAL AMBASSADORS PROGRAM

Learn more: https://form.jotform.com/Projco/australian-multicultural-ambassador
Email: admin@mhfa.org.au

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