

People with Multicultural and Diverse Backgrounds and Connections

People with multicultural and diverse backgrounds and connections face unique challenges that put them at an increased risk of developing mental illness. Displacement, family separation, past exposure to trauma and torture, prolonged detention and social isolation can negatively impact mental health and wellbeing. We also know that people with multicultural and diverse backgrounds and connections are often reluctant to seek help because of language barriers, a lack of culturally sensitive and inclusive service providers, and perceived discrimination by mainstream services.

Below you will find a collection of resources which explore some of these issues and provide useful tips for better supporting these people.

Resource Links

- **The Mental Health of Young African Australians**

<https://pursuit.unimelb.edu.au/articles/the-mental-health-of-young-african-australians>

This article explores what can be done to support the mental health of African Australian young people, calling for holistic team approaches and promotion of services to encourage young people and their families to support each other to access mental health services.

- **Mental Health of CALD Children**

[How to support the mental health of CALD children - Emerging Minds](#)

This report from Emerging Minds explores the experiences and circumstances that contribute to child mental health outcomes and service access in CALD communities. It also provides practice ideas to consider when working with children and families from CALD backgrounds.

- **Mind Your Health**

[Mind Your Health | SBS English](#)

SBS, in partnership with the Embrace Project, has launched Mind Your Health, a wellbeing program designed for First Nations peoples and people with multicultural and diverse backgrounds and connections. It targets culturally diverse audiences with key focus on 10 languages – Arabic, Cantonese, English, Filipino, Hindi, Korean, Mandarin, Punjabi, Spanish, and Vietnamese.

- **The Framework for Mental Health in Multicultural Australia**

[Framework for Mental Health in Multicultural Australia: Towards culturally inclusive service delivery | Embrace Multicultural Mental Health \(embracementalhealth.org.au\)](#)

The Framework for Mental Health in Multicultural Australia is a free, nationally available online resource from Embrace Mental Health. It allows organisations and individual practitioners to evaluate and enhance their cultural responsiveness. It is mapped against national standards to help organisations meet their existing requirements and provides free access to a wide range of support and resources.

- **Building Cultural Awareness: Video Series**

[Training and education | Queensland Health](#)

Queensland's Department of Health has developed this video series to increase understanding of Queensland's refugee population, and to increase awareness of the need to identify and facilitate timely access to professional interpreter services.

- **Cultural Considerations in Health Assessment – Tip Sheet**

[Cultural Considerations in Health Assessment – Tip Sheet \(CEH\) | Embrace Multicultural Mental Health \(embracementalhealth.org.au\)](#)

This tip sheet from Centre for Culture, Ethnicity and Health lists issues that should be considered when conducting health assessments with people from migrant and refugee backgrounds.

- **Centre for Cultural Diversity in Ageing: Practice Guides**

[Practice guides | Centre for Cultural Diversity in Ageing](#)

These practice guides cover a range of issues, from accessing interpreter services and working with bilingual staff, to spiritual support and digital inclusion. A wonderful resource to have at your fingertips!

- **Beyond Translation: Engaging with Culturally and Linguistically Diverse Consumers**

[Beyond translation: Engaging with culturally and linguistically diverse consumers - PMC \(nih.gov\)](#)

This article explores the barriers faced by people with multicultural and diverse backgrounds and connections when trying to engage with Australian healthcare systems. It reports back on focus group discussions on a variety of topics, such as using professional interpreting services, employing migrant health workers, and understanding differing levels of health literacy and educational backgrounds.

- **Supporting Culturally and Linguistically Diverse Communities to Talk about Suicide: A Guide for Professionals**

[Supporting CALD communities to talk about suicide - A guide for professionals - Conversations Matter](#)

This wonderful resource from Conversations Matter gives practical tips for discussing suicide with individuals, families and communities with multicultural and diverse backgrounds and connections.

- **Planning for Optimal Mental Health: Responding to Refugee-related Trauma (UNHCR)**

[UNHCR - Refugee Resettlement: An International Handbook to Guide Reception and Integration - Chapter 3.1 Planning for Optimal Mental Health](#)

This document from the UNHCR outlines the best way to provide refugees with resettlement programs that support emotional and personal rebuilding, as well as identify and support those with more complex psychological problems.

- **Guide for Clinicians Working with Interpreters in Healthcare Settings**

[Guide for Clinicians Working with Interpreters in Healthcare Settings \(culturaldiversityhealth.org.au\)](#)

While this resource is targeted at clinicians, it is a useful resource for setting out the recommended approach to effective communication with people with multicultural and diverse backgrounds and connections, including working with interpreters.

- **Translating Services**

[Interpreter Services in Queensland Health - information for staff | Queensland Health](#)

Click here to access Queensland Health's free interpreter service, available to all people not proficient in English who are using government and government-funded services.

- **Headspace Resource**

[Strength in my roots \(headspace.org.au\)](#)

This is headspace's collection of online resources for navigating the complexities of supporting adolescents who come from multicultural and diverse backgrounds and connections.

- **Mental Health and Help-seeking Behaviours of Refugees**

[Understanding the mental health and help-seeking behaviours of refugees | Australian Institute of Family Studies \(aifs.gov.au\)](#)

We know that refugees can be especially vulnerable to mental health challenges and yet their help seeking behaviour is often low. This resource from the Australian Institute of Family Studies explores this discrepancy and provides some examples of what works in this population group.

- **Working with Culturally and Linguistically Diverse Adolescents**

[Working with culturally and linguistically diverse \(CALD\) adolescents | Australian Institute of Family Studies \(aifs.gov.au\)](#)

Adolescents from multicultural and diverse backgrounds and connections can experience unique challenges such as a lack of social supports, a sense of displacement, recovery from torture and trauma, discrimination and migration stress. This resource highlights the issues commonly experienced by these adolescents and provides links to evidence-based reports, resources and practice examples for hands-on application.

- **Suicide Prevention**

[CALD Suicide Prevention | Metro South Health](#)

The CALD Suicide Prevention Project is a state-wide project supported by the Queensland Mental Health Commission and led by the Queensland Transcultural Mental Health Centre. Its online training courses aim to train human services workers to recognise and support people from multicultural and diverse backgrounds and connections who are experiencing suicidal ideation or behaviour.