



WHAT IS MENTAL HEALTH?

- Mental health is about how you think, feel, and act. It affects your mood, your relationships, and how you handle stress.
- It's important because it impacts your overall wellbeing and happiness

WHY DOES MENTAL HEALTH MATTER?

- Pasifika and Māori communities are at a higher risk of suicide due to mental health issues.
- Having good mental health helps you enjoy life, deal with challenges, look after your family and build strong relationships



FAITH AND SPIRITUALITY

- For Pasifika peoples, faith and spirituality are deeply woven into the fabric of daily life. These beliefs provide a sense of purpose, community, and identity.
- Traditional spiritual practices and Christianity are prevalent, offering guidance and comfort.



THE ROLE OF FAITH AND SPIRITUALITY

- **Community Bonding:** Religious gatherings and spiritual practices foster strong community ties.
- **Cultural Identity:** Spiritual beliefs reinforce cultural heritage and identity.
- **Emotional Support:** Faith provides a way of life for understanding and coping with life's challenges.



Pasifika cultures are rich in traditions that are closely linked to their spiritual beliefs. This interplay is evident in:

- **Festivals and Celebrations:** Many Pasifika festivals have spiritual significance and are times for community bonding.
- **Art and Storytelling:** Traditional stories and art forms often depict spiritual beliefs and values



POSITIVE IMPACTS ON MENTAL HEALTH

The integration of faith and spirituality has been shown to have numerous benefits for the mental health of Pasifika peoples:

- **Resilience:** Spirituality strengthens resilience, helping individuals navigate adversity.
- **Hope and Optimism:** Faith offers hope and a positive outlook, crucial for mental well-being.
- **Support Systems:** Religious and spiritual communities offer support networks that provide emotional and practical assistance

CHALLENGES AND OVERCOMING STIGMA

- **Mental Health Stigma:** In some communities, mental health issues may be misunderstood or stigmatised.
- **Balancing Traditions and Modern Life:** Younger people may struggle to balance traditional spiritual practices with modern lifestyles.

WHAT CAN WE DO?

- **Education:** Raising awareness about mental health within spiritual contexts can help reduce stigma.
- **Open Conversations:** Encouraging dialogue about mental health in religious settings can foster understanding and support.
- **Acknowledging the impact of faith and spirituality on the mental health of Pasifika peoples, support to foster a greater understanding and appreciation of these vital aspects of life for Pasifika and Maori young people**



NEED HELP NOW?

If you need help now please call one of the phone numbers below which are available for support 24 hours a day, 7 days a week:

- Beyond Blue – 1300 22 4636
- Lifeline – 13 11 14
- Suicide Call Back Service – 1300 659 467
- Kids Helpline – 1800 55 1800
- MensLine – 1300 789 978

RESOURCES

- [Embrace Multicultural Mental Health](#)
- [Pasifika and Maori Health and Wellbeing Strategy Website](#)
- [Head to Health](#)

This resource was developed in an initiative led by young Pasifika and Maori people in Queensland administered by Divine Ministries.Inc . It aims to raise mental health awareness and support. It emphasises the value of life and the opportunity to improve mental health in communities through strength-based approaches and intentional living, inspiring young individuals to make a positive difference.