

SUPPORT SERVICES FOR YOUNG ADULTS KOMERA

Culturally Safe Mental Health Services

- ASSETS
- Culturally Diverse Psychological Service (CDPS) – Life Without Barriers
- ISHAR Multicultural Women's Health services
- Sisters Healing Space
- Multicultural Health Program
- Multicultural Futures
- Peer Pathways
- CoMHWA

Helplines and Crisis Support

- 1800-Respect/
- Alcohol & Drug Support Line (08) 9442 5000
- Crisis Care 1800 199 008
- For You 1800here4U / 1800 437 348
- Lifeline 13 11 14 & Txt 0477 13 11 14
- MERHL 1300 555 788
- Men's Line 1300 789 978
- Suicide Call Back Service 1300 659 467

Whether from trusted individuals, mental health professionals, or support groups.

Seeking help is a courageous step towards healing and resilience; it is not a sign of weakness.

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SUPPORT SERVICES FOR YOUNG PEOPLE UBUFASHA

In Western Australia, free and confidential mental health services for young people offer a safe and supportive environment. Seeking help early is encouraged, and options include getting a referral from a General Practitioner (GP) or contacting the services for support.

MENTAL HEALTH SERVICES

- CAHMS (08) 6389 5800 – Perth metro area
- Culturally Diverse Psychological Service (CDPS) – Life Without Barriers (years 12+) – 0418 724 549
- headspace (12 – 25 years old) – 1800 650 890

ONLINE SERVICES

- Beyond Blue: 1300 224 636
<http://beyondblue.org.au/>
- headspace (12 – 25 years old) – 1800 650 890
<https://headspace.org.au/online-and-phone-support/>
- Orygen: <https://www.orygen.org.au/>

HELPLINES

- headspace (12 – 25 years old): Phone 1800 650 890 (7 am – 10:30 pm)
- Kids Helpline: Phone: 1800 55 1800
- Lifeline: Phone: 13 11 14 or Txt 0477 13 11 14
- QLife: Phone 1800 184 527 (1 pm-12 am)

ECHOES OF HEALING

SUPPORTING RWANDAN YOUNG ADULTS AND THEIR COMMUNITIES LIVING IN WESTERN AUSTRALIA.

URUBYIRUKO: GUKIRA IBIKOMERE

Echoes of Healing offers resources for those impacted by trauma such as the 1994 Genocide Against Tutsi. We understand that trauma does not just fade away with time—it can linger and impact us deeply, even across generations. That's why we are here to offer support, guidance, and resources to help you navigate the aftermath of such profound experiences.

Trauma can have a powerful impact on us, shaping our thoughts, feelings, and behaviors. It is essential to recognise that the effects of trauma may manifest differently in each of us, but they are valid and deserving of attention.

We encourage you, as young people, to explore the resources available here and reach out for support if you need it. Remember, you are not alone in this journey, and healing is possible. Let's confront the echoes of the past and build a brighter future, together.

IF TRAUMA CAN BE PASSED DOWN SO CAN GENERATIONAL HEALING.

TIPS FOR ENGAGING IN CONVERSATIONS TUGANIRE

Memorial Attendance: *“Would you be interested in going to the Kwibuka Memorial to remember those affected by the 1994 Genocide Against the Tutsi in Rwanda? Why or why not?”*

Personal Connection: *“Do you know if our family has any stories or connections to events like the 1994 Genocide Against the Tutsi in Rwanda?”*

Empathy: *“How do you think we can show support and understanding to those who went through tough times, like survivors of the 1994 Genocide Against the Tutsi in Rwanda?”*



Peace and Unity: *“How do you think promoting peace and unity could help stop things like the 1994 Genocide Against the Tutsi in Rwanda from happening again?”*

Forgiveness and Understanding: *“What do you think about forgiveness and understanding when it comes to things like the 1994 Genocide Against the Tutsi in Rwanda?”*



OVERVIEW: AMATEKA

In 1994, Rwanda faced a horrific tragedy—the Genocide against the Tutsi. In just 100 days, over a million lives were lost, leaving deep scars on families and communities. But even in the darkest times, there were stories of incredible strength and resilience. Survivors and the next generation started rebuilding their lives and communities, turning devastation into hope. However, healing from this trauma is an ongoing process.

Let's talk about something that affects many of us deeply: trauma. It's that overwhelming feeling that makes you feel like life's spinning out of control. Whether it's from moving to a new place or experiencing loss, trauma hits us all differently.

But there is something else we need to talk about—the 1994 Genocide against Tutsi. This event shook our communities to the core, leaving scars that run deep. You might not have directly experienced the trauma of the genocide, but its effects can still reach you through something called intergenerational trauma.

Intergenerational trauma is like an invisible thread that passes pain from one generation to the next, especially for us, the descendants of genocide survivors. It can lead to anxiety, low self-esteem, and a loss of connection to our culture, impacting us and our communities profoundly.

So, what can we do about it? First, it's essential to recognize the signs of trauma, like feeling sad, anxious, or turning to substances to cope. And remember, you're not alone. There are professionals out there who can help, and healing is possible.

SELF-CARE TIPS KWITAHO

Mind: Take breaks from social media and news, engage in calming activities like journaling or reading, and reach out to supportive friends or family members.

Body: Prioritize rest and nourishment. Make sure to eat balanced meals, stay hydrated, and engage in gentle movement or relaxation exercises to release tension.

Soul: Honor your emotions and allow yourself to grieve in your own way. Connect with nature, practice mindfulness, and engage in spiritual practices that bring you comfort. Show yourself kindness.

Spirit: Whether it's prayer, meditation, or attending a memorial service, find practices that resonate with your beliefs and bring you comfort. These rituals can provide solace and connection during challenging times.

Culture: Engage in cultural activities like cooking traditional meals, attending events, or listening to music to connect with your heritage, find comfort, and remember traditions.

