

MIND MATTERS

Let's take the right steps towards improving multicultural mental health!

Seeking help benefits you and those around

2

Educate yourself about mental health challenges and useful tips.

1

What steps should I take towards my healing journey?

3

Locate the right services.

4

Create a strong support system and have them in your corner.

MULTICULTURAL



CANBERRA

MENTAL HEALTH SUPPORT

<u>Organisation</u>	<u>Services offered</u>	<u>Contact details</u>
Multicultural Hub, Canberra	<i>Multicultural Counselling Service:</i> Counselling Service is sensitive to the many cultural aspects involved in managing personal issues. It is available for men and women of any age.	Level 2, 180 London Circuit, Canberra (02) 6100 4611 info@mhub.org.au www.mhub.org.au
Companion House	<i>Counselling Service:</i> Assist survivors of past torture and trauma. They work with both newly arrived people and longer term settlers and with adults, children and young people.	41 Templeton Street, Cook (02) 6251 4550 info@companionhouse. org.au www.companionhouse.org.au

Relationships
Australia

Counselling can be attended either individually, as a couple, or as a family. It can help to clarify issues, gain new perspectives and work towards positive changes.

15 Napier Close
Deakin ACT 2600

1300 364 277

www.racr.org.au

Lifeline Australia

Crisis support: Lifeline Canberra supports people in crisis and change the lives of those experiencing thoughts of suicide.

Level 1, 71
Northbourne Avenue

13 11 14

www.lifelinecanberra.org.au

Sane Australia

SANE is for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities.

1800 187 263

info@sane.org

www.sane.org

Beyond Blue

Beyond Blue helps all people in Australia achieve their best possible mental health.

Access mental health information or 24/7 qualified support for you or someone you like to help.

1300 22 4636

www.beyondblue.org.au

KidsHelpline

Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25

1800 55 1800

www.kidshelpline.com.au

Suicide Call Back Service

It is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.

1300 659 467

suicidecallbackservice.org.au

Headspace
Canberra

It is a free mental health service for young people aged 12-25. Support available in person, as well as telehealth appointments.

Unit 1, 1-3 Torrens
Street, Braddon

(02) 6113 5700

hcinfo@gph.org.au

www.headspace.org.au

Mental Health
Australia

Embrace Multicultural Mental Health: translated fact sheets on mental illness, common mental health concerns and how to access help in 28 languages.

(02) 6285 3100

multicultural@
mhaustralia.org

embracementalhealth.org.
.au

Head to Health
Canberra

It is a free service that connects you with mental health support. Professional help from psychologists, mental health assistants, nurses, occupational therapists, and social workers.

Shop G7
14 Childers Street
Canberra City

1800 595 212

canberraheadtohealth.com.au

MENTAL HEALTH EMERGENCY

Police/Ambulance: 000

Access Mental Health: 1800 629 354/ (02) 6205 1065



Wellbeing
tips!

Improve your knowledge and understanding about mental health!

Embrace self care and take time out to look after yourself!

Take breaks when possible and sleep well!

Get help for your mental health from a professional and be patient and resilient!

- Connect with:
- Nature
 - People
 - Spirituality
 - Culture

Being physically active improves your mental health!

Limit the use of alcohol and other drugs!