

Organisational implementation guide

Key Outcome Area 3

Promotion, prevention and early intervention



Mental health promotion and prevention strategies for CALD people should primarily aim to reduce stigma and increase mental health literacy. It is also important to design multicultural mental health promotion and prevention initiatives that focus on the key determinants impacting on CALD communities, and ensure culturally tailored approaches.

The overarching goal is to:

- Promote mental health and wellbeing
- Prevent mental illness
- Provide culturally appropriate early intervention
- Provide culturally responsive mental health care.

To do this, specific attention must be given to the social contexts impacting on mental health in CALD communities, and also the cultural beliefs and values relating to mental health within individuals, groups and communities.

Many of the risk and protective factors for mental health problems in CALD people occur in the daily lives of individuals and communities. These need to be tackled by building strong partnerships between mental health services, and multicultural sector organisations and diverse communities.

It is important to design multicultural and mental health promotion and prevention initiatives that focus on the key determinants impacting CALD communities, and ensure culturally tailored approaches.

Evidence shows that unsuccessful approaches are those which:

- Implement standardised mental health promotion and prevention programs where CALD populations have to conform to receive services.

More successful approaches are those which are:

- Fully integrated, where diverse beliefs, perspectives and values of mental health underpin the content and delivery of the program
- Strongly collaborative, where agencies and groups from the multicultural sector and sectors impacting on the mental health and wellbeing of CALD communities (such as health, education, employment, housing, immigration, and justice) work together to collectively develop a culture of inclusion.

These approaches will ensure that Australian mental health promotion and prevention programs reflect and harness the benefits of the great cultural and linguistic diversity of the Australian population for everyone.