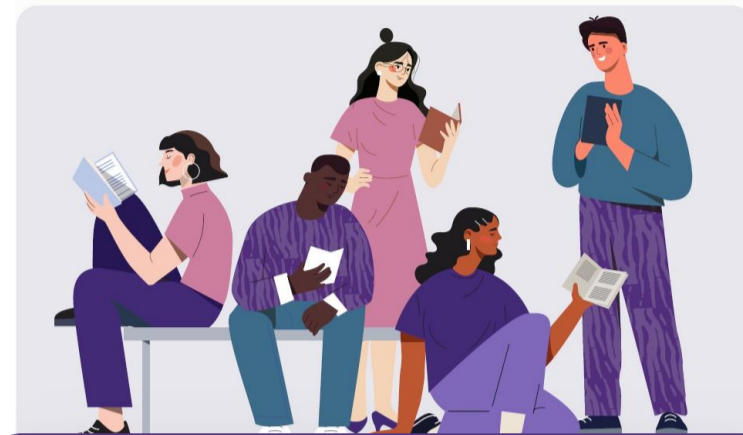


Mental health among Italian, Turkish and Vietnamese communities during the COVID-19 pandemic

Interviews, group discussions and an online leader's forum were conducted with people from Italian, Turkish and Vietnamese communities



Impacts of COVID-19

Mental health effects of COVID-19 have been magnified across these three in-scope CALD communities due to:

- increased levels of social and self-stigma
- cultural norms that place a higher value on community support
- the lower financial status of recent migrants
- Impacts of isolation, financial distress, fear, uncertainty, misinformation and increased levels of stress lead to family breakdown and violence.
- There are heightened concerns about transmission of COVID, especially for those with elderly relatives
- Parents are overwhelmed with home-schooling and managing work priorities and concerned about the impacts on their children – both education and ability to develop social skills.



Networks

Family and social networks are especially important among CALD communities who rely on these networks for support

- However, while community members are very willing to support those around them, stigma prevents people from 'being open' to having these conversations.



Communications

Translated communications are useful for those wanting to understand more about mental health

- but less useful in helping people experiencing psychological distress.
- Members of CALD communities can more readily identify with the external and observable symptoms of poor mental health, reinforcing the potential of the mental health continuum
- Participants reacted very positively towards an example of a Mental Health Continuum.

Barriers

Key barriers for effective interventions are:

- the lack of effective language to tackle mental health discussions
- taboos around the topic
- lack of knowledge about how to support people

Recommendations



Work with the community to co-design strategies



Develop stigma reduction activities to address specific cultural considerations



Strengthen, support and enhance the development of a trauma informed multi-lingual workforce



Utilise culturally specific communication channels (e.g. community radio)



Identify and promote a referral pathway for CALD people in Australia facing relationship tensions