

# Digital Mental Health for People who are Culturally and Linguistically Diverse

## HOW DOES CULTURE AFFECT MENTAL HEALTH?

Every culture on earth has a different way of defining what good mental health looks like and the meaning that this has. People from different cultures also have different beliefs about what causes mental health problems. As a result, culture influences how comfortable people feel about asking for help, as well as the type of treatments that people believe are going to be helpful.

Culture can affect how much support people feel that they have from their family and community with their mental health and who they believe is responsible for making decisions around receiving mental health assistance.

Additionally, people from culturally and linguistically diverse backgrounds might be more prone to experiencing racial abuse or discrimination. Emigrating to a new place with a different culture and/or language can also create stress and make it harder to find help when you need it.

## HOW CAN DIGITAL MENTAL HEALTH HELP?

Some people prefer to talk to someone who speaks the same language, is the same age or gender, or is from the same cultural group. Whatever your background or what you believe, people generally want to feel like someone understands their lives and experiences.

Online programs and phone services can provide a way to improve feelings of stress, worry, tension or sadness. A growing number of services now include translated information and culturally sensitive services. Online programs can be accessed privately through a phone or computer so that anyone can access help when needed.

### If you need an interpreter

131 450  
Open 24 hours a day, 7 days a week.  
To pre-book phone interpreters,  
email: [tis.prebook@homeaffairs.gov.au](mailto:tis.prebook@homeaffairs.gov.au)

If anyone is in immediate danger,  
call 000 in Australia

Scan to download a free  
PDF version from the  
eMHPrac Website



## Crisis Services



### Beyond Blue Support Service

Telephone (24/7), online and email counselling, and moderated forums. Website with translated mental health resources.  
<https://www.beyondblue.org.au/get-support/talk-to-a-counsellor>  
1300 22 4636



### Suicide Call Back Service

National 24/7 professional telephone & online counselling for anyone affected by suicide.  
<https://www.suicidecallbackservice.org.au/>  
1300 659 467

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to online and phone mental health services, information and resources.

<https://www.headtohealth.gov.au/>



#### Embrace - multicultural mental health

Mental health resources translated into a range of languages for those from culturally and linguistically diverse backgrounds.

<https://embracementalhealth.org.au/community/multilingual-information>

#### Transcultural Mental Health Centre

Mental health information and assessment tools for the community and health professionals and direct links to reliable translated health and wellbeing resources.

<https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre>



#### Children of Parents with a Mental Illness

Translated resources for families where a parent has a mental illness. Tips and booklets for parents and young people.

<https://www.copmi.net.au/find-resources/translated-materials>



#### Way Ahead

Information for immigrants and translated factsheets on mental health topics.

<https://wayahead.org.au/get-the-facts/translations/>



#### Alcohol and Drug Foundation

Translated resources on alcohol and drug use with advice line.

<https://adf.org.au>



#### Are You Safe At Home?

Support to help you think about your safety at home in up to 15 languages. Referral to support services.

<https://www.areyousafeathome.org.au/>



## Phone Services

#### MensLine Australia

Advice, therapy and support for men with family and relationship concerns.

1300 78 99 78



#### QLife

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTIQ+) people.

1800 184 527



#### Butterfly Foundation

Telephone, online counselling, referral and online support groups for eating disorders.

1800 33 4673



#### PANDA

Translated resources and free helpline for new and expecting parents struggling to cope.

1300 726 306



#### 1800RESPECT

24/7 phone & online counselling for people seeking help for controlling, physically or sexually violent situations. Website with 28 languages.

1800 737 732

## Information Sites



#### Victorian Transcultural Mental Health

Links to bilingual mental health practitioners and interpreter services in Victoria and information for health professionals on working with CALD people.

<https://vtmh.org.au/>



#### Trauma and Grief Network

Virtual space to browse online resources for child and adolescent trauma, loss, and grief.

<https://tgn.anu.edu.au>



#### Centre for Culture, Ethnicity and Health

Health and wellbeing resources for people from refugee and migrant backgrounds.

<https://www.ceh.org.au/>



#### Raising Children Network

Translated and picture resources on raising a healthy family while looking after yourself.

<https://raisingchildren.net.au/for-professionals/other-languages>



#### ReachOut

Tips for youth on coping with discrimination and navigating cultural conflict with family, and finding your cultural identity.

<https://au.reachout.com/identity/cultural-identity>



#### Be You

Information for students and young people on the importance of culture.

<https://beyou.edu.au/fact-sheets/relationships-cultural-diversity-and-mental-health>



#### Conversations Matter

Resources to support those workers in CALD communities in the safe discussion of suicide.

<https://conversationsmatter.org.au/resources/resources-for-cald-communities/>

## Apps

#### Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults. Available in 5 languages.

Available on the App Store and Google Play.



## Online Programs

#### MyCompass

A free, online interactive self-help service for people with sad, anxious or stressed feelings. It's also appropriate for people who simply want to build good mental health.

<https://www.mycompass.org.au/>



#### THIS WAY UP

Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted option available.

Translated coping tools. Users must ordinarily reside in Australia.

<https://thiswayup.org.au/>



#### Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options. Website designed for residents of Australia. Therapist support programs for use by people living in Australia only.

<https://www.mentalhealthonline.org.au/>



#### Triple P

Translated parenting strategies.

<https://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-in-more-languages/>

