

Prepared by the Promising Practices in Accessing Virtual Mental Health: Supporting Refugees during COVID-19 project team

Resources around mental health in Amharic:

1. Centre for Addiction and Mental Health (CAMH) multilingual resource:

- Asking for Help When Things Are Not Right (factsheet). This factsheet is part of a larger booklet called “Alone in Canada: 21 Ways to Make it Better”. It outlines the following: What is part of the normal reaction to living in a new country; When it is a good idea to ask for help and where.

This factsheet is available in Amharic on: <https://www.camh.ca/-/media/files/mi-index-other-languages/amharic-asking-for-help.pdf>

- Alone in Canada: 21 Ways to Make it Better (full booklet). In this guide, newcomers share tips on learning to live in a new culture. Topics include in this booklet include:
 - Living in a new culture
 - Making friends
 - Celebrating the holidays
 - Learning the unwritten rules of Canadian manners
 - Building a new identity
 - Exercising for fun and health
 - Asking for help when things are not right

Download the booklet in Amharic on:

https://settlement.org/downloads/Alone_in_Canada/alone_in_canada_amharic.pdf