

Resources around mental health in Arabic:

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

- 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 Arabic on:

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

This booklet contains a chapter on “Asking for Help When Things Are Not Right”. This chapter 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. See pages: 35-37.

2. Multicultural Mental Health Resource Centre (MMHRC) multilingual resources:

Different resources that are intended for individuals interested in learning more about mental health and ways of improving emotional well-being.

Access Arabic resources on: <https://multiculturalmentalhealth.ca/consumer-information/mental-health-information-resources-in-arabic/>

3. Transcultural Mental Health Centre (TMHC) Australia multilingual resource:

- A Practical Guide series: This series of brochures provides practical information about:
 - Getting a good night’s sleep.
 - Problem solving and setting goals
 - Promoting well-being
 - Stress and stress management

To download these documents in Arabic, visit:

<https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/multilingual-resources-by-title/a-practical-guide-series?PagingModule=878&retain=true&pg=1>

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

4. Health Translations Australia multilingual resources:

- Mental Health and Wellbeing (factsheet). This factsheet provides information on how to improve the mental health and wellbeing of yourself, your family and your community and what support is available.

Download the factsheet in Arabic on:

<https://embracementalhealth.org.au/sites/default/files/2021-04/3%20-%20Arabic%20-%20Mental%20health%20and%20wellbeing%20information%204%20Sept%202020.pdf>

- Wellbeing Invest in Your Life (factsheet). This factsheet provides a number of simple, everyday ideas for how individuals can improve mental, physical, spiritual and social wellbeing.

To download the factsheet in Arabic, visit:

<https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Wellbeing: Invest in your life>