

Multilingual resources around mental health:

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 nine languages including Amharic, Chinese, English, French, Hindi, Italian, Polish, Portuguese and Somali: <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/information-in-other-languages>

- 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

This resources is available in more than 15 languages including Amharic, Arabic, Bengali, Chinese, Dari, English, Farsi, Filipino, French, Hindi, Korean, Portuguese, Punjabi, Russian, Serbian, Somali, Spanish, Tamil, Twi, Urdu and Vietnamese: <https://settlement.org/ontario/health/mental-health-and-addiction/stress/alone-in-canada-21-ways-to-make-it-better-a-self-help-guide-for-single-newcomers/>

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.

Resources are available in the following languages including Arabic, Chinese, English, Farsi and Spanish: <https://multiculturalmentalhealth.ca/consumer-information/>

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, which is available in Arabic, Croatian, English, Filipino, Greek, Indonesian, Italian, Maltese, Polish, simplified Chinese, Spanish and Vietnamese

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

- Problem solving and setting goals, which is available in Arabic, Cantonese, English, Farsi, German, Greek, Italian, simplified Chinese, Spanish and Vietnamese
- Promoting well-being, which is available in Arabic, Cantonese, English, Farsi, German, Greek, Italian, simplified Chinese, Spanish and Vietnamese
- Stress and stress management, which is available in Arabic, Cantonese, English, Farsi, German, Greek, Italian, simplified Chinese, Spanish and Vietnamese

To download these documents in different languages, 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>

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.

This document is available in multiple languages including: Arabic, Assyrian, Bengali, Burmese, simplified and traditional Chinese, Dari, Dinka, English, Farsi, Greek, Hazaragi, Italian, Karen, Nepali, Punjabi, Spanish, Swahili, Tamil and Vietnamese:

https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Mental_health_and_wellbeing

- 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.

This document is available in multiple languages including: Arabic, simplified and traditional Chinese, English, French, Greek, Hindi, Italian, Karen, Spanish and Vietnamese:

https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Wellbeing:_Invest_in_your_life