

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

### **Resources around mental health in Somali:**

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.

Download the factsheet in Somali on: <https://www.camh.ca/-/media/files/mi-index-other-languages/somali-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 Somali on:

[https://settlement.org/downloads/Alone\\_in\\_Canada/alone\\_in\\_canada\\_somali.pdf](https://settlement.org/downloads/Alone_in_Canada/alone_in_canada_somali.pdf)