

Resources for Indigenous and CALD Patients

Support agency	Website address	Phone	Information
Transcultural Mental Health Centre – TMHC (Australia)	http://www.dhi.gov.au/tmhc/tmhc/default.aspx http://www.dhi.gov.au/Co-ExistNSW/Home/default.aspx	(61) 02 9840 3800	<p>TMHC is a state-wide service that promotes access to mental health services for people of CALD background, offering clinical consultation and assessment, transcultural mental health promotion, prevention and early intervention, publication and resource development and education and training.</p> <p>Co-Exist NSW is a service of TMHC to assist people from culturally and linguistically diverse (CALD) communities and their families living with comorbidity and who may have found it difficult to access mainstream services due to language and cultural barriers.</p>
Multicultural Mental Health Australia – MMHA (Australia)	www.mmha.org.au	(61) 02 9840 3333	<p>MMHA actively promotes the mental health and well-being of Australia's diverse communities through a series of campaigns, projects and information fact sheets. MMHA also includes a series of resources and training for specialist and mainstream mental health professionals.</p> <p>Fact sheets are available in a range of different languages covering a number of mental health topics and conditions.</p> <p>Carer-specific resources are available in a range of languages.</p>
Health Translations (Australia)	http://www.healthtranslations.vic.gov.au/	(61) 03 9096 2667	The State Government of Victoria, Department of Health has an excellent directory which links to online multilingual health resources from government departments, peak health bodies, hospitals, community health centres and welfare agencies.
Rural Health Education Australia	http://www.rhef.com.au/programs/	(61) 02 6232 5480	Rural Health Education Australia produces and delivers topical, high quality, evidence-based educational programs. There is an Aboriginal and Torres Strait Islander Peoples Health Section under the Programs tab.
District Health Boards (DHB)			Most District Health Boards in New Zealand have Māori mental health services that have cultural advisors attached.