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| **Culturally and Linguistically Diverse communities** | | |
|  |  |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about the mental health of people from Culturally and Linguistically Diverse communities.  We will say CALD for short.  It has information on | **Page** |
|  |  |  |
| A group of men posing for a photo  Description automatically generated | * Key points forpeople from CALD communities | **2** |
|  |  |  |
| A person with his hand on his head  Description automatically generated with medium confidence | * Worries you might have when getting help for your mental health and what you can do | **6** |
|  |  |  |
| Two people looking at a book  Description automatically generated with low confidence | * Services and supports | **16** |
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| **Key points for people from CALD communities** | |
|  | |
|  | **CALD** is used to describe the wide range of cultures, religions, and languages that people in Australia identify with.  Culturally and linguistically diverse is known as CALD for short. |
|  |  |
| A picture containing text, person  Description automatically generated | A person might be from a CALD background if they   * Were born overseas * Have a parent born overseas * Practise their cultural traditions |
|  |  |
|  | A person from a CALD background might speak a different language than English.  **Language** is a way of communicating that is used by a country or community. |
|  |  |
| Text  Description automatically generated | Some examples of other languages are   * Vietnamese * Arabic * Cantonese |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A group of men posing for a photo  Description automatically generated | Each person in a CALD community is different. |
|  |  |
|  | Communities can have different views on   * Mental health * Disability |
|  |  |
|  | **Mental health** is about   * How you think * How you feel |
|  |  |
| A group of men standing together  Description automatically generated with medium confidence | Some communities might have negative viewsabout mental health and disability.  A **negative view** is when you think something is bad. |
|  |  |
|  | It can be hard if people have negative views about you.  People from CALD communities with intellectual disability can face discrimination. |
|  |  |
|  | **Discrimination** is when someone is treated badly because of something about them they cannot control.  Discrimination can also mean you do not have your rights met. |
|  |  |
|  | **Rights** are rules about how everybody should be treated fairly.    A right is something everyone has. |
|  |  |
|  | Discrimination is not OK. |

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| **Worries you might have if you want to get support for your mental health and what you can do** | | | |
|  |  | | |
|  | Below are some worries you might have when you try to get support for your mental health. | | |
|  |  | | |
| Icon  Description automatically generated | We include some ideas for what you can do. | | |
| A group of men posing for a photo  Description automatically generated | **You are worried about what your community will think and do if you have a mental health problem**  This is what you can do. | | |
|  |  | | |
| A picture containing person, crowd  Description automatically generated | **Get support**  A **mental health problem** is when your feelings start to worry you. | | |
|  |  | | |
|  | You can ask for help.  You might want to ask for help from   * Someone you trust * A GP * Support services | | |
|  |  | | |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | A **GP** is the doctor that you see when you   * Are sick * Need a health check | | |
|  |  | | |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | A GP can give you information on mental health workers. | | |
|  |  | | |
|  | A GP might give you a referral for a mental health worker. | | |
|  |  | | |
|  | A **referral** is when someone says you should see another worker if you need more help. | | |
|  |  | | |
|  | You can get support even if you are worried about what your community will think because the service will be confidential. | | |
|  |  | | |
|  | **Confidentiality** means that information about you must not be shared with others unless you say that it is OK to share. | | |
|  |  | | |
| A person pointing at the camera  Description automatically generated with low confidence | Health workers will only share your information if there is a good reason to share information.  Good reasons to share information are   * You say it is OK | | |
|  |  | | |
| A picture containing person  Description automatically generated | * You or other people are in danger | | |
|  |  | | |
|  | * The law says they must share information   **Laws** are a set of rules that everyone must follow. | | |
|  |  | | |
|  | **Advocate for yourself or ask someone to advocate for you**  To **advocate** is you or someone else doing things so that your rights and needs are met. | | |
|  |  | | |
|  | Being told you cannot look for or get mental health support because of your culture or disability is discrimination. | | |
|  |  | | |
|  | Discrimination is not OK. | | |
|  |  | | |
|  | If you experience discrimination you can speak up and say it is not OK. | | |
|  |  | | |
|  | If you experience discrimination you can communicate with someone you trust. | | |
|  |  | | |
|  | There are many people you might trust.  For more information about who you might trust go to <https://www.idmhconnect.health/someone-trust> | | |
|  |  | | |
| A picture containing text  Description automatically generated | For more information about speaking up for yourself go to <https://pwd.org.au/wp-content/uploads/2019/09/Speaking-Up-Factsheet-pdf.pdf> | | |
|  |  | | |
|  | The Multicultural Disability Advocacy Association can help you advocate for yourself or find an advocate. | | |
|  |  | | |
|  | For more information about the Multicultural Disability Advocacy Association go to <http://mdaa.org.au/services/> | | |
|  |  | | |
|  | You can advocate by communicating to your community about   * Mental Health * Disability | | |
|  |  | | |
|  | For more information about   * How you can communicate about mental health go to   <https://www.idmhconnect.health/communicating-about-my-mental-health/ER>   * How you can advocate or find someone to advocate for you go to   <https://www.idmhconnect.health/about-advocacy/ER> | | |
|  | | **You are worried health workers will not understand and be able to help you**  This is what you can do. |
|  | |  |
|  | | **Mental health workers** are people who work to help you with your mental health. |
|  | |  |
|  | | Some mental health workers have training to help them learn about how to support people     * With intellectual disability * From CALD communities |
|  | |  |
|  | | You can ask for a mental health worker who has had this training. |
|  | |  |
| A group of people posing for a photo  Description automatically generated | | You can ask your mental health worker to include your family if you want. |
|  | |  |
| A person pointing at the camera  Description automatically generated with low confidence | | It is OK if you do not want to include your family. |
|  | |  |
|  | | For more information about how your mental health worker can work with your family go to  <https://www.idmhconnect.health/working-your-team/ER> |
|  | |  |
|  | | If you are worried you might also want to get support in your language.  You can ask for   * A mental health worker who speaks your language      * An interpreter |
| Two people looking at a paper  Description automatically generated with medium confidence | | An **Interpreter** is a person who changes words from your language to a language someone else understands. |
|  | |  |
|  | | To organise an interpreter you or your family can ask     * Your doctor * The mental health service |
|  | |  |
|  | | You can also ask your mental health worker to call the Translating and Interpreting Service.  The telephone number for this service is  **131 450.** |

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| **Services and Supports** | |
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| Two people looking at a book  Description automatically generated with low confidence | Below is a list of services and supports for people from CALD communities. |
|  |  |
| A group of people sitting at a table  Description automatically generated with medium confidence | Multicultural Disability Advocacy Association support provide   * Advocacy services for people from CALD communities * Support with NDIS appeals and reviews   For more information go to <http://mdaa.org.au/services/> |

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| --- | --- |
| ~~A picture containing text, clipart  Description automatically generated~~ | The Ethnic Community Services Co-operative provides   * NDIS services and information |
|  |  |
| A group of people shaking hands  Description automatically generated with medium confidence | * Advocacy |
|  |  |
| A picture containing text, person, indoor  Description automatically generated | * Volunteer projects for people with disability     When you **volunteer** you give your time to help someone.    You do not get paid for your help. |
|  |  |
|  | They also provide support for people looking for work experience and paid work.  For more information about the Ethnic Community Services Co-operative go to [**https://ecsc.org.au/**](https://ecsc.org.au/) |
| A picture containing person, people, crowd  Description automatically generated | Open Minds has support services for people from CALD communities with mental health problems.    For more information go to [https://www.openminds.org.au/  services/supporting-culturally-and-linguistically-diverse-people-cald](https://www.openminds.org.au/services/supporting-culturally-and-linguistically-diverse-people-cald) |
|  |  |
| A picture containing person, person, people  Description automatically generated | Action on Disability within Ethnic Communities has services and information including   * Advocacy support |
|  |  |
| A tv on a dresser  Description automatically generated with low confidence | * Videos about the NDIS in different languages |
|  |  |
| A group of people sitting on chairs  Description automatically generated with medium confidence | * Social support groups     A **support group** is a small group of people you meet with to communicate about mental health. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about Action on Disability within Ethnic Communities go to [**https://adec.org.au/**](https://adec.org.au/) |
|  |  |
| A picture containing person, person, indoor, people  Description automatically generated | Kin provides advocacy support for people with disability from CALD communities.    For more information go to <https://kinadvocacy.org.au/> |
|  |  |
|  | The Federation of Ethnic Communities Councils of Australia has a program that supports people from CALD backgrounds to access the NDIS.    For more information about the program go to <https://fecca.org.au/communityconnectors/> |
|  |  |
| Two people looking at a paper  Description automatically generated with medium confidence | **Translation and interpreter services**  Below is a list of translation and interpreter services that support people from CALD communities. |
|  |  |
|  | Translating and Interpreting Service provide onsite and on phone interpreting.  The telephone number for this service is **131 450.** |
|  |  |
|  | NSW Health Care Interpreting Services have free and confidential interpreters when you go to hospital for your care. |
|  |  |
|  | For more information about the NSW Health Care Interpreting Services go to [**https://www.health.nsw.gov.au/**  **multicultural/Pages/Health-Care-Interpreting-and-Translating-Services.aspx**](https://www.health.nsw.gov.au/multicultural/Pages/Health-Care-Interpreting-and-Translating-Services.aspx) |
|  | Lifeline Australia provide crisis support in different languages.  Call Lifeline on **13 11 14** and ask to speak to someone in your language. |
|  |  |
| Two people looking at a paper  Description automatically generated with medium confidence | **Translated information for people from CALD communities**  Below is a list of websites with information in different languages. |
|  |  |
|  | The information from the websites below is not in Easy Read but can still be helpful.    If you want you can ask someone to support you to read them. |
|  |  |
|  | Embrace Multicultural Mental Health has mental health information in different languages.  For more information go to <https://embracementalhealth.org.au> |
|  |  |
|  | Amparo Advocacy Inc has information on the rights of people with an NDIS plan.    For more information go to [**https://www.amparo.org.au/ndis-and-participants-rights/**](https://www.amparo.org.au/ndis-and-participants-rights/) |
|  |  |
|  | The Cerebral Palsy Alliance has some information translated into different languages.    To read the information go to [**https://cerebralpalsy.org.au/**  **resources-in-other-languages/**](https://cerebralpalsy.org.au/resources-in-other-languages/) |
|  |  |
|  | Centrelink information about the Disability Support Pension has been translated into different languages.    To read the information go to <https://www.healthtranslations.vic.gov.au/site-14468/resources/disability-support-pension-bilingual-version> |
|  |  |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |

Text

Description automatically generated

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| --- | --- |
| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read> |
| A picture containing qr code  Description automatically generated**A person smiling for the camera  Description automatically generated with medium confidence** | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the <https://idmhconnect.health/> website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/ professionals\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 27.01.2023 v2  No changes can be made without asking the people who wrote this sheet. |

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