

**\* *Stepping Out of the Shadows: Reducing Stigma in Multicultural Communities***

This resource is a new training package that has been developed for CALD community workers to educate their communities about mental health to help reduce stigma towards mental illness.

This package contains additional resources including a DVD and bilingual mental health fact sheets.

The training package aims to:

- reduce stigma
- help individuals, families and communities from CALD backgrounds deal with mental illness and address the stigma associated with it
- increase their knowledge about mental health and decrease stigma

The training kit aims to build a greater awareness of mental illness, dispel myths and misunderstanding, raise acceptance of mental illness as another illness, break down the stigma associated with mental illness, assist families and encourage them to seek the medical help required.

MMHA has already piloted the training kit nationally. Expert Trainers have already been selected from each state and territory under the direction of MMHA. Some of the Expert Trainers have since trained their community leaders, who will be supported by MMHA during this funding round, to roll this stigma reduction training kit into their immediate communities. The Community Trainers are responsible for working at the grassroots level in raising awareness and acceptance of mental illness.

The implementation of the training kit will rely on the commitment and goodwill of many people working in the mental health and multicultural community sectors around the country.

**To be involved in the national roll-out of this training, please call MMHA – 02 9840 3333**

**Briefing notes about MMHA new resources  
19 February 2009**

**\* Multilingual mental health CDs produced in partnership with SBS Radio:**

MMHA will also be launching its series of audio mental health fact sheets that were recorded and produced in partnership with SBS Radio.

The audio fact sheets are available on CD and in digital format in over 20 languages. These are an extension of the “*What Is...*” series of multilingual mental health fact sheets that were produced by MMHA last year with funding from the Department of Health and Ageing.

**The entire series covers 10 mental health topics:**

Mental Illness	Bipolar Disorder
Personality Disorder	Depressive Disorder
Schizophrenia	Suicide
Anxiety Disorder	Supporting Parents & Families
Eating Disorder	Challenging Behaviours
Mental Health & Coronary Heart Disease	

**In over 20 languages:**

Arabic	Farsi/Persian	Serbian
Assyrian	Greek	Swahili
Amharic	Italian	Spanish
Cambodian/Khmer	Korean	Turkish
Chinese	Krio	Vietnamese
Croatian	Macedonian	
Dari	Polish	
Dinka	Russian	

The series provides basic information about the types, causes, symptoms and treatment options available for these illnesses. It aims to inform communities and assist them in managing their illness, as well as providing information for where to seek further assistance. MMHA hopes these resources will see more CALD communities use the mental health services that are available to them.

By having the “*What Is...*” mental health series now available on CD - ensures these messages about mental health can be easily played on radio and in people’s homes. It better reaches the entire community, including those with low literacy levels (such as the elderly).

During the last funding round, the Department of Health and Ageing funded MMHA to translate its “*What Is...*” series of mental health fact sheets into over 20 languages – the series has since been expanded into audio formats and adapted for those living with a print disability. It is also available in braille, large print, electronic text for the internet and audio formats such as CD and Daisy.

This has been the first time such information about mental illness has been made available to so many different people.

**People can order the *What Is* audio series directly from MMHA - ph) 02 9840 3333. The fact sheets can be downloaded from the MMHA website – [www.mmha.org.au](http://www.mmha.org.au)**