

Filling in the puzzle

The bigger picture of engagement



عدني على الاسترخاء
بي أشعر بالدعم

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3
unda unganisho

Kutumia muda na watu waunganishi
• Kutupa ngano
• Kuandaa majalis za kazi
• Kuandaa majalis za kazi
• Kuandaa majalis za kazi
• Kuandaa majalis za kazi



The program

- Following co-design and youth participation principles for the development of mental health resources by youth for youth.
- Health promotion approach engaging with youth as experts and knowledge holders.
- Weekly sessions with Swahili, Arabic, Karen and Karenni speaking youth.
- Tangible resources that speak the young people's language way beyond the words themselves.

Healthy Minds

7 tips for a healthy headspace
A mental health literacy program for young people from Swahili, Arabic, Karen and Karenni speaking backgrounds.

In response to

- Limitation in mental health resources in language that are youth focussed, contextualised and culturally relevant.

- Limited knowledge of mental health issues and support services available for newly arrived young people.

- Low number of CALD youth accessing mental health services (less than 5% of youth who accessed headspace Wollongong and Nowra in 2018/2019 identified as CALD).

- Cultural barriers identified by CALD young people to access mental health support in the communities.

Collaboration between headspace Wollongong, Multicultural Communities Council of Illawarra (MCCI) and young people.

Outcomes

- Development by local youth of culturally safe and contextualised mental health resources supporting self-care and emotional fitness of young people.
- Increased mental health literacy in CALD youth.
- Promoted young multicultural voices in the mental health debate.
- Increased agency and empowerment of young people taking a lead in navigating challenges faced when talking about mental health and emotional well-being.

CREATE CONNECTIONS



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