

Helpful strategies for CaLD people

SELF CARE



Remember you are not alone. Cultural and linguistic diversity is a core feature of the Australian population and a valued element of national identity. Link in with organisations such as the ACT Multicultural Mental Health Network, call 0403 497 959.

Be kind to yourself. Treat yourself as you would a friend or loved one.

- » Take time out for you, do things you enjoy and find meaningful.
- » To help you better understand the types of health services available to you, Health Direct has made free videos, posters, brochures and website content in five common languages (Arabic, Bengali, Cantonese, Mandarin and Vietnamese).

Write a plan to ensure you practice daily self-care.

Remember you can't look after anyone else unless you look after yourself. Write a list of things you enjoy and try to take action to practice these activities daily.

Stay connected with your loved ones. Even if your family is overseas, there are supports and ways to stay connected. Support organisations such as Carers ACT offer 'Support for Carers who are Multicultural', call 02 6296 9900 or visit www.carersact.org.au

Don't be afraid to ask for support. There are services available such as Companion House. Call 02 6251 4550 or visit www.companionhouse.org.au

Translation services

If English is not your first language there are services and supports available, the Department of Social Services provides a free translating service for all culturally and linguistically diverse individuals.

Here are the details:

Call: 1800 962 100

Email: fts@migrationtranslators.com.au

Online: Using the 'Contact us' form available at translating.dss.gov.au



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STRESS + ANXIETY

Know your limits and triggers.

Research has shown that stress can be contagious especially to those close to you like your children.

Get to know what stress and anxiety looks like in your body (Eg: clenched jaw, racing heart). If you are aware of the signs of stress and anxiety you can implement strategies early to support your mental health and well-being.

Know your rights. Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. Everyone is entitled to these rights, without discrimination. Call Legal Aid ACT on 1300 654 314.

Actively engage in self-care. Recognise your emotions and physical responses and engage in activities that

bring you back to a state of well-being. This may be as simple as taking some long deep breaths. Try breathing in deeply through your nose and making a loud, audible sound out of your mouth. Breathing deeply reduces the impacts of stress hormones in the body.

Mindfulness meditation.

Studies have found that redirecting your attention to what is actually happening in the present moment by engaging in mindfulness practise can reduce stress and anxiety. Try using your senses by noticing 3 things you hear, see, and feel.

Focus on what you can control. It is more helpful for our well-being to direct our energy to events and aspects of your life you can control. Write a list of the things you have influence over and try to let go of unproductive worries.

Ask for help!

LEGAL AID ACT

1300 654 314

www.legalaidact.org.au

legalaid@legalaidact.org.au

Cultural Liaison Officers can help if you are from a migrant or refugee background. Services include:

- » Speaking to other services for you
- » Helping you to understand your rights and the Australian legal system

Build positive self-talk by:

- 1 Acknowledging a particularly challenging or unhelpful thought and reminding yourself that thoughts aren't facts.
- 2 Consider the evidence for and against this thought.
- 3 Challenge the thought and speak to yourself with compassion. What would you say to a friend thinking the same thing?

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TRAUMA CARE

Remember you are not alone.

Cultural and linguistic diversity is a core feature of the Australian population and a valued element of national identity. Hear personal stories from other CALD people at www.embracementalhealth.org.au

Stay connected with your loved ones. Social connection has a big impact on our trauma response. Even if your family is overseas there are supports and ways to stay connected.

Understand that immediate responses to trauma are usual.

Recognise that you have been through an extremely stressful event and that you may have an emotional reaction to it.

Focus on your own health first.

When we focus on our own health and wellbeing, we are better able to support our loved ones.

Educate and empower others around you regarding culture and diversity.

Ensure your basic needs are met.

Concentrate on meeting the basic needs of you and your family. Consider food, sleep, exercise, leisure and other specific cultural or religious needs.

Talk openly and honestly with your family, using age appropriate language. If you would like support to start these conversations call Access Mental Health on 1800 629 354 or 02 6205 1065.

F

Fair to others but also to yourself.

A

Don't be overly apologetic.

S

Stick to your values.

T

Be truthful.

Ask for help!

Don't be afraid to ask for support, there are local services available such as **Companion House**, which provides assistance for people affected by trauma. Phone 02 6251 4550.

Know your rights!

Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. Everyone is entitled to these rights, without discrimination.

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HELP SEEKING

Increase your knowledge about mental health and how it might relate to your own experience.

Talk to your GP. This is a good place to start the help-seeking journey and connect you to appropriate services.

Access free translation services to help you communicate your concerns.

Make new connections. Link in with local community organisations such as Canberra Multicultural Community Forum and Multicultural Youth Services.

Celebrate your multicultural background. This can be different for us all, but celebrating our diversity or personal family traditions can empower and give us a sense of pride.

Speak up. Reach out to friends and family that you feel comfortable talking to.

Understand that mental illness is common, and you are not alone.

Keep trying. Sometimes it takes a few visits to different professionals before you find the help that you need. Don't give up!

For help, reach out to:

Act Multicultural Mental Health Network

0403 497 959 Promotes mental health and well-being for people of Culturally and Linguistically Diverse backgrounds in the ACT.

Multicultural Women's Advocacy Act

02 6230 4632 Provides information and referral to relevant services and social gatherings.

The National Ethnic Disability Alliance (NEDA)

02 6262 6876
0407 878 933 Advocates for the rights of people with disability and their families from a CALD and Non-English speaking background

National Translating And Interpreting Service (TIS)

131 450 Provides access to phone and on-site interpreting services in over 150 languages.

MARSS Australia

0403 090 767 Free settlement assistance through casework, provision of information, referrals, and advocacy services to all migrants and refugees who have been in Australia for under 5 years.

Canberra Multicultural Community Forum

02 6262 7060 • cmcf.org.au

Multicultural Youth Services (MYS)

02 6200 4611 • www.mys.org.au