



multicultural

MENTAL HEALTH AUSTRALIA

CATALOGUE AND ORDER FORM

Resources and Publications

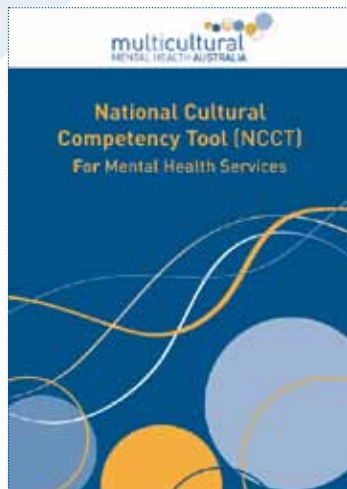
Multicultural Mental Health Australia

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Parramatta CBD BC, NSW 2124
Tel: +61 2 9840 3333 Fax: +61 2 9840 3388
E-mail: admin@mmha.org.au
Website: www.mmha.org.au

BOOKS

National Cultural Competency Tool (NCCT) for Mental Health Services

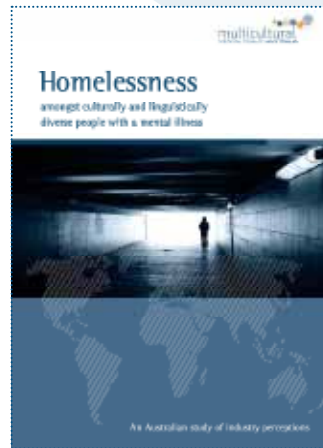
The resource will help service providers systematically and progressively improve service access and delivery to CALD communities. It is aligned with Standard 4 “Diversity Responsiveness” of the new National Standards for Mental Health Services. It contains a set of National Cultural Competency Standards and a range of practical aids and strategies to assist in implementation, including an organisational self-assessment checklist.



Order code: MMHA/HCALD/BK/ENG Price: \$30 + \$3 GST

It can be downloaded for free from www.mmha.org.au.

Homelessness amongst culturally and linguistically diverse people with a mental illness



Order code: MMHA/HCALD/BK/ENG

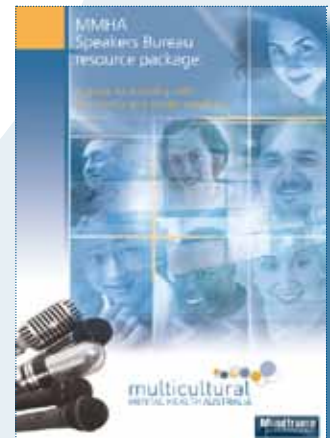
Price: \$30 + \$3 GST

This study aimed to gain an understanding of homelessness amongst people from culturally and linguistically diverse (CALD) communities in Australia

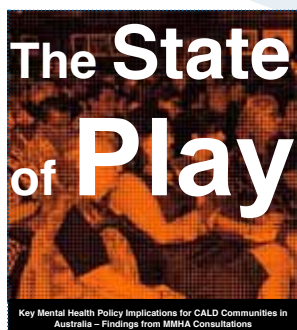
The Speakers Bureau Resource Pack

This resource contains practical information for members of the Multicultural Mental Health Australia (MMHA) Speakers Bureau to support their interactions with the media. It contains advice on representing MMHA, how to work effectively with the media, preparing for and giving interviews and public speeches.

It can be downloaded for free from www.mmha.org.au.



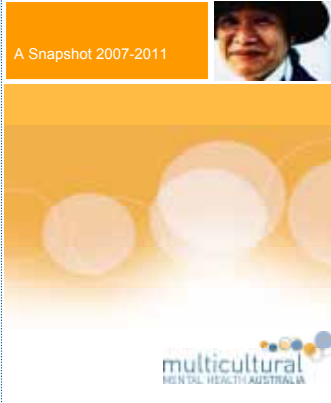
The State of Play



This report brings together the findings of MMHA's consultations conducted between 2007 and 2010. The report discusses the themes and issues that arose through the consultations and provides a review of relevant research and policy.

It can be downloaded for free from www.mmha.org.au.

MMHA's Achievements AUSTRALIA'S CULTURAL DIVERSITY AND MENTAL HEALTH



MMHA's Achievements Australia's Cultural Diversity and Mental Health: A Snapshot 2007-2011

This document outlines MMHA's Achievements from 2007 -2011. It provides a snapshot of MMHA's activities including partnerships, policy submissions, consultations and CD and Fact Sheet development for this period.

It can be downloaded for free from www.mmha.org.au.

Hear Our Voices: Cultural Perspectives on Mental Health Care

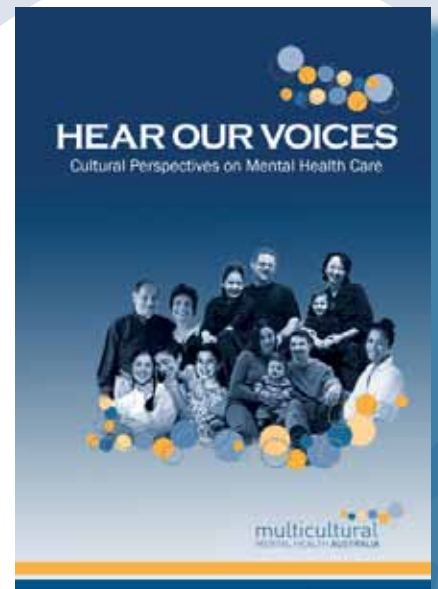
This educational DVD explores different cultural interpretations of mental illness and the impact of stigma and shame on consumers and carers from CALD backgrounds. It also explores issues related to limited mental health literacy in CALD communities, barriers to accessing mental health services, and how GPs and mental health professionals can better work with CALD consumers. It includes audio dubbing in Arabic, Chinese, Dinka, Italian, Greek and Swahili.

The DVD is available to CALD consumers and carers for FREE.

Order code: MMHA/HOV/DVD/ENG

Price: \$10 plus GST (non-government organisations) plus postage and handling

\$20 plus GST (government organisations) plus postage and handling



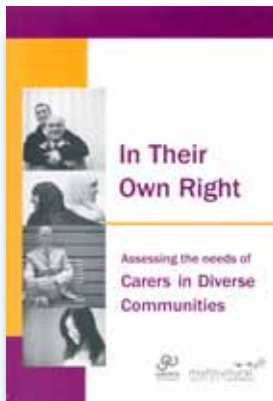
Mental Health Consumer Participation in a Culturally Diverse Society

A Sozomenou; P Mitchell; MH Fitzgerald; A E Malak; D Silove

This book qualitatively examines participation models and strategies that have successfully initiated partnerships with consumers, carers and community members from diverse background to develop, manage and evaluate services.

Order code: MMHA/MHCP/BK/ENG

Price: \$30 + \$3 GST



In Their Own Right: Addressing the Needs of Carers in Diverse Communities

Based on a project to adapt the Carer Profile assessment tool for CALD carers, this report offers insights into the needs of carers from CALD backgrounds.

Order code: MMHA/ITOR/BK/ENG

Price: \$10 + \$1 GST

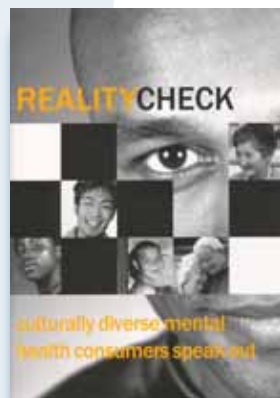
Reality Check: Culturally Diverse Mental Health Consumers Speak Out

A report that examines contributing factors to under utilisation of mental health services by CALD communities.

Presents the needs and concerns of CALD communities from around Australia.

Order code: MMHA/RC/BK/ENG

Price: \$10 + \$1 GST



Making a Difference cards

Based on the report Reality Check, these pocket size cards provide practical and effective checklists for organisations planning, providing and evaluating services culturally diverse communities.

100 cards

Order code: MMHA/MADC/CR/ENG

Price: \$10 + \$1 GST



Cultural Awareness Tool (CAT)

Understanding Cultural Diversity in Mental Health

The CAT consists of a small booklet and a hand-held card designed to provide a first step in developing a culturally aware approach to working with mental health consumers.

Order code: MMHA/CAT/BK/ENG
Price: \$10 + \$1 GST



Cultural Awareness & Language Competency cards

Adapted from the CAT, these double-sided cards contain tips for health and community organisations working with culturally and linguistically diverse (CALD) clients.

The card includes questions to ask CALD clients and valuable communication competency tips.
100 cards

Order code: MMHA/CAQT/CR/ENG
Price: \$10 + \$1 GST

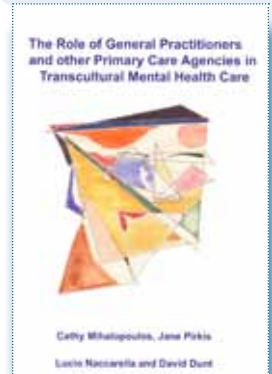


The Role of General Practitioners and Other Primary Care Agencies in Transcultural Mental Health Care

C Mihalopoulos; J Pirkis;
L Naccarella; D Dunt

This report explores the role of the GP and other primary care providers in the delivery of mental health care to CALD communities and documents strategies for improvement.

Order code: MMHA/TRGP/BK/ENG
Price: \$8 + \$.80 GST



Assessing Needs for Mental Health in Cultural and Linguistically Diverse Communities: A qualitative approach

A Larson; M van Kooten-Prasad;
L Manderson; I Frkovic

An easy-to-follow guide for communities and health workers to community health needs assessment in CALD communities.

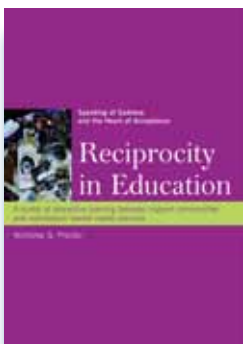
Order code: MMHA/ATN/BK/ENG
Price: \$30 + \$3 GST

Reciprocity in Education: Speaking of Sadness and the Heart of Acceptance

A/Prof Nicholas Procter

A practical guide outlining a model of interactive learning between migrant communities and mainstream mental health workers.

Order code: MMHA/RIE/BK/ENG
Price: \$35 + \$3.50 GST



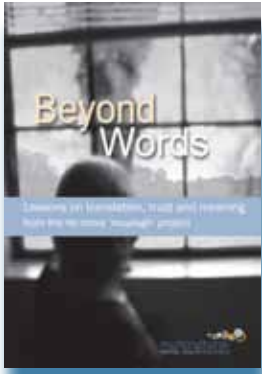
Mental Health Shared Care for Ethnic Communities: A handbook

Brisbane Inner South Division of General Practice

This handbook contains practical strategies for the establishment of ethnic mental health shared care programs. It offers insights into the issues affecting shared care for ethnic communities.

Order code: MMHA/MHSC/BK/ENG
Price: \$10 + \$1 GST





Beyond Words: Lessons on Translation, Trust and Meaning from the No More 'Mualagh' Project

This valuable resource provides a model on promoting mental health issues and learning from culturally diverse communities.

Order code: MMHA/BW/BK/ENG
Price: \$10 + \$1 GST

Beyond Words Translation Checklist cards

This checklist is to assist service providers with tips to consider when translating information in other languages.
100 cards

Order code: MMHA/TCL/CR/ENG
Price: \$10 + \$1 GST



FACT SHEETS

The 'Community Capacity Building' series of Mental Health fact sheets (available from mid 2011)

Arabic, Khmer, Chinese – simple, Croatian, Dari, Dinka, Farsi/Persian, Greek, Italian, Korean, Macedonian, Somali, Spanish, Swahili, Turkish, Vietnamese.

Topics:

- Carers of people with a mental illness
- Consumer rights and responsibilities in the mental health system
- Cultural identity and mental health
- Getting help for mental health through a GP doctor
- Psychosis and drug and alcohol issues
- Post traumatic stress disorder
- Recovering from a mental illness

Free: Limit of 10 per language, per topic.



Order code: MMHA/RFMI/FS/



Order code: MMHA/GHMH/FS/



Order code: MMHA/CPMI/FS



Order code: MMHA/CRRS/FS/



Order code: MMHA/CIMH/FS/



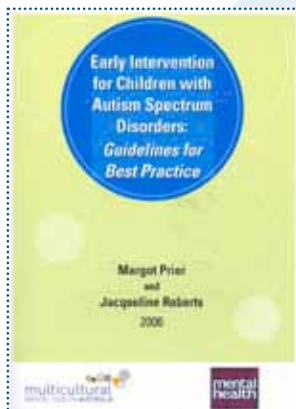
Order code: MMHA/PDAI/FS



Order code: MMHA/PTSD/FS

Free fact sheets can be downloaded in over 20 languages from the Multicultural Mental Health Australia website www.mmha.org.au

Some fact sheets are available in CD format.



For people who are blind or who have low vision, selected fact sheets are available in Braille, large print and daisy tape. Only available in English.



'What Is' CDs

'What is' CDs are available in the same languages and topics as the 'What is' fact sheets below.

Code no: MMHA/WIS/CD
Price: See the order form on the back page for price details.



The 'What Is' series of Mental Health fact sheets available in over 20 languages

Amharic, Arabic, Assyrian, Chinese, Croatian, Dari, Dinka, Farsi, Greek, Italian, Khmer, Korean, Krio, Macedonian, Polish, Serbian, Spanish, Swahili, Turkish, Vietnamese.

Free: Limit of 10 per language, per topic.

Topics: What is Schizophrenia, What is Eating Disorder, What is Anxiety Disorder, What is Personality Disorder, What is Mental Illness, What is Bipolar Mood Disorder, What is Depressive Disorder.



Order code:
MMHA/WIAD/FS



Order code:
MMHA/WIED/FS



Order code:
MMHA/WIDD/FS



Order code:
MMHA/WISZ/FS



Order code:
MMHA/WIMI/FS



Order code:
MMHA/WIBD/FS



Order code:
MMHA/WIPD/FS



Helping Someone at Risk of Suicide brochures

Amharic, Arabic, Assyrian, Chinese, Croatian, Dari, Dinka, Farsi, Greek, Italian, Khmer, Korean, Krio, Macedonian, Polish, Serbian, Spanish, Swahili, Turkish, Vietnamese.

Order code:
MMHA/HSAR/FS

Free: Limit of 10 per language, per topic.

Understanding Depression and Antidepressant Medication fact sheet



Arabic, Assyrian, Chinese, Croatian, Dari, Farsi, Greek, Italian, Khmer, Korean, Macedonian, Polish, Serbian, Somali, Spanish, Turkish, Vietnamese.

Order code: MMHA/VDAM/FS

Free: Limit of 10 per language, per topic.

Challenging Behaviours or Supporting Parents and Families fact sheets

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

Order code: MMHA/CB/FS

Free: Limit of 10 per language, per topic.



World Mental Health Day fact sheets

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



Order code: MMHA/UMI/FS



Order code: MMHA/CHD/FS



Order code: MMHA/MHCW/FS

Topics:

Mental Health & Coronary Heart Disease, Mental Health in a Changing World, Understanding Mental Illness.

Free: Limit of 10 per language, per topic.



Fact sheets produced in partnership with *beyondblue* and Multicultural Mental Health Australia in 18 languages

Arabic, Assyrian, Chinese, Croatian, Dari, English, Farsi, Greek, Italian, Khmer, Korean, Macedonian, Polish, Serbian, Somali, Spanish, Turkish, Vietnamese.

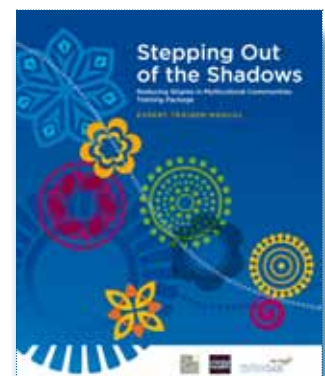
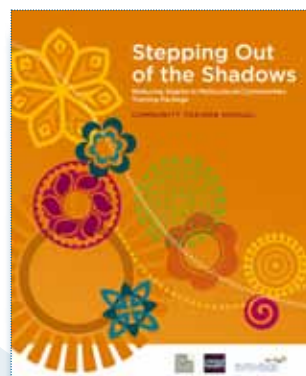
Order through *beyondblue*
tel: 1300 224 638



TRAINING MANUALS

These manuals are not for sale or wide distribution. Persons must be trained to receive copies.

For more information contact MMHA
tel: +61 2 9840 3333
email: admin@mmha.org.au



FREE Downloadable Reports

Evaluating Mental Health Services for Non-English Speaking Background Communities

H Long; J Pirkis; C Mihalopoulos;
L Naccarella; M Summers; D Dunt

Explores the barriers which people from NESB experience when they need public mental health services.

Available at www.mmha.org.au

Order code: MMHA/EMHS/R/ENG

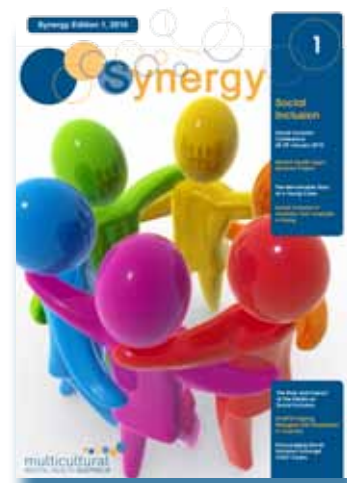
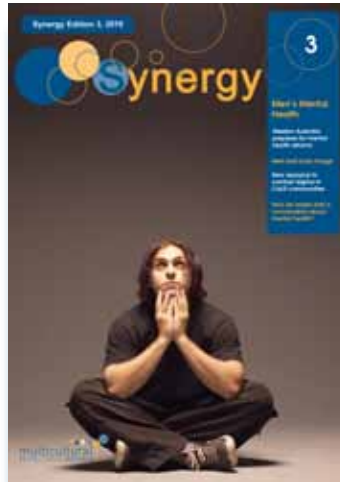
Reducing Stigma About Mental Illness In Transcultural Settings: A guide

L Bakshi; R Rooney; K O'Neil

An educational tool to increase the understanding of stigma related to mental illness in CALD communities. Also a guide to developing community stigma reduction strategies.

Available at www.mmha.org.au

Order code: MMHA/RS/GU/ENG

The logo for Synergy Magazines features the word "Synergy" in a large, bold, orange font. The letter "S" is stylized with a blue circle behind it. To the right of "Synergy" is the word "MAGAZINES" in a smaller, blue, sans-serif font. Above the text are several overlapping circles in blue and orange, some solid and some outlined.

Back editions of Synergy, MMHA's magazine.
All editions can be downloaded at www.mmha.org.au
Some editions are available in hard copy.

BROCHURES/FACT SHEETS FEEDBACK FORM



To help us with information about where the brochures and fact sheets are being used, please indicate your type of organisation/service:

<input type="checkbox"/> Individual with a mental illness from a culturally and linguistically diverse background [CALD]	<input type="checkbox"/> General Practitioner [Doctor] <input type="checkbox"/> Pharmacist <input type="checkbox"/> Hospital / nursing home	<input type="checkbox"/> State and Territory mental health service <input type="checkbox"/> State and Territory government Department
<input type="checkbox"/> Individual caring for someone with a mental illness from a culturally and linguistically diverse background [CALD]	<input type="checkbox"/> General health service provider <input type="checkbox"/> Mental health service provider <input type="checkbox"/> Multicultural mental health service provider	<input type="checkbox"/> Non-government organisation ethno-specific <input type="checkbox"/> Non-government organisation multicultural
<input type="checkbox"/> Welfare organisation	<input type="checkbox"/> School, University, TAFE	<input type="checkbox"/> Non-government organisation-mainstream
<input type="checkbox"/> Other, please specify		

Where did you hear about our resources?

<input type="checkbox"/> Radio [mainstream]	<input type="checkbox"/> Ethnic newspaper	<input type="checkbox"/> E-mail	<input type="checkbox"/> Local newspaper [mainstream]
<input type="checkbox"/> Magazine	<input type="checkbox"/> Ethnic radio	<input type="checkbox"/> Website	
<input type="checkbox"/> Please tick if your organisation is in a rural and regional area			
<input type="checkbox"/> Other, please specify			

Please tick if your organisation/service is in a rural area

(Please allow 2-3 weeks for delivery)

FAX ORDERS TO: +61 2 9840 3388 TEL ENQUIRIES: +61 2 9840 3333

Name:

Organisation:

Address:

Postcode:

State:

Tel: (incl. area code)

Email:

Stay up to date with the latest multicultural mental health news and information!

Join our mailing list to receive our free quarterly magazine, Synergy and our regular e-mail newsletter, the e-Bulletin and we'll keep you up to date with the latest mental health news, services, resources and conferences that relate to people from culturally and linguistically diverse (CALD) backgrounds.

YES Please add me to MMHA's mailing list

NO Please do not add me to MMHA's mailing list

MMHA Locked bag 7118, Parramatta CBD BC, NSW 2124

Tel: +61 2 9840 3333 Fax: +61 2 9840 3388 E-mail: admin@mmha.org.au Website www.mmha.org.au

Title	Order code	Language (if applicable)	Price	GST*	Item price (incl. GST*)	Quantity	Total

Postage and handling costs:

CDs for individuals with a mental illness from CALD backgrounds are FREE of charge and limited to only one CD per person.

For government organisations, single language CDs are \$10 each (plus GST) or \$200 (plus GST) for the entire set (21 CDs in total) and limited to one set per agency.

For non-government organisations, single language CDs are \$5 each (plus GST) or \$100 (plus GST) for the entire set (21 CDs in total) and limited to one set per agency.

Postage inside Australia add \$5 for singles and \$20 per set.

For outside Australia add \$10 for singles and \$40 per set.

**GST not applicable for purchases outside Australia. Overseas purchases in \$AUD by money order or cheques drawn from an Australian bank.*

Subtotal	
Postage & Handling	
Total	

I enclose: Cheque Money order (payable to Multicultural Mental Health Australia)

OR I wish to pay by: Visa Mastercard Bankcard Expiry date: /

Card number:

Name on card: Signature:

Name:

Organisation:

Address:

..... Postcode: State:

Tel: (incl. area code)

E-mail:

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 (Fax): +61 2 9840 3388
MMHA
 Locked Bag 7118
 Parramatta CBD BC
 NSW 2124 Australia