

National Multicultural Mental Health Project

Overview

The project provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds. It builds on the important work of previous national multicultural mental health projects, and works towards an equitable mental health system which reflects and responds well to the needs of Australia's multicultural population.

Project objectives

The project's activities are designed around the following key objectives:

- CALD consumers and carers effectively participate at all levels of mental health service planning, delivery and evaluation
- Improved outcomes in access, coordination across the continuum of care, quality and safety for CALD mental health consumers, carers and their families
- Increased mental health awareness, knowledge and capacity in CALD communities via culturally inclusive promotion, prevention and early intervention initiatives
- A culturally responsive and diverse mental health workforce which is supported to deliver culturally and linguistically inclusive practice

Project activities

A range of targeted activities will be undertaken over the course of the project, including:

- Providing support for organisations to evaluate and improve their cultural responsiveness through further development and promotion of the Framework for Mental Health in Multicultural Australia
- Establishing, maintaining and promoting a quality-assured knowledge exchange and repository platform on the project's website
- Increasing mental health awareness, knowledge and capacity in CALD communities
- Mapping available evidence-based resources and tools and from these findings, identifying priorities and developing new resources and training
- Establishing a data collection and reporting strategy



Project structure

The Australian Government Department of Health has funded the project with \$3.9 million over three years, to 31 December 2020. Mental Health Australia is the lead organisation for the project.

Alliance

The Alliance provides direction and determines the project's priorities. The Alliance consists of Mental Health Australia, the Federation of Ethnic Communities' Councils of Australia (FECCA), the National Ethnic Disability Alliance (NEDA) and CALD mental health consumer and carer representatives.

CALD Mental Health Consumer & Carer Group

The CALD Mental Health Consumer and Carer Group provides advice to the Alliance based on members' lived experience and connections to their communities. The group includes a CALD mental health consumer representative and a CALD mental health carer representative from each state and territory of Australia.

Stakeholder Group

The Stakeholder Group also provides advice to the Alliance based on members' expertise and links to multicultural communities and the mental health workforce. The Stakeholder Group includes senior representatives from the multicultural, mental health and related sectors.

Find out more

More information on the project and its activities is available at the following websites:

- mhaustralia.org/national-multicultural-mental-health-project
- mhima.org.au
- framework.mhima.org.au

Contact us

For any project enquiries, please contact the project team at Mental Health Australia on 02 6285 3100 or at multicultural@mhaustralia.org.

