

26th September 2011

Dear Colleagues,

Mental Health Month 2011 (1st – 31st October) funded by NSW Health, will see the launch of this years theme “Wellbeing: Invest in Your Life”. This theme is about encouraging participants to take a holistic view of health and wellbeing. A person’s overall wellbeing can encompass not just their mental health, but also their physical health, social health and spiritual health.

The Mental Health Association NSW (MHA NSW) is a non-government organisation and registered charity funded by NSW Health, with a mission to promote opportunities for the people of NSW to achieve their optimal level of mental health. MHA NSW has worked in partnership with the Transcultural Mental Health Centre (TMHC) over several years to promote MHM activities across NSW’s culturally and linguistically diverse communities.

In 2011 this partnership has resulted in the translation of MHA NSW’s fact sheet produced for MHM - “Wellbeing: Invest in Your Life” into 10 community languages (Arabic, Chinese-Simplified Chinese and Traditional Chinese, French, Greek, Hindi, Italian, Korean, Spanish and Vietnamese) as well as English. The translated fact sheets for use with culturally and linguistically diverse communities in your local area can be available for download from the TMHC by following the link [www.dhi.gov.au/tmhc](http://www.dhi.gov.au/tmhc). Alternatively, for a USB (please note limit of 1 USB per organisation) with copies of the “Wellbeing Invest in Your Life” fact sheets translated into community languages contact the TMHC via email: [tmhc@swahs.health.nsw.gov.au](mailto:tmhc@swahs.health.nsw.gov.au) or Ph: (02) 9840 3800.

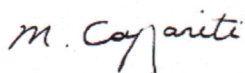
In addition, the TMHC has available a wide range of mental health publications and resources, including culturally relevant and translated information, fact sheets, reports, DVD’s and videos. These multilingual resources are age specific and have been developed for individuals, families, children, young people, adults and older people in NSW. To obtain additional **free** multilingual resources, which are easily downloaded, for your organisation and for the wider public, simply visit: [www.dhi.gov.au/tmhc](http://www.dhi.gov.au/tmhc)

Topics covered include but are not limited to:

- Healthy Kids: A Parents Guide
- A Practical Guide Series (A Good Night’s Sleep; Problem Solving & Setting Goals; Promoting Wellbeing; Stress & Stress Management)
- Health and Wellbeing of Older People in our Community.

We hope the resources will be of benefit to your work in improving the mental health of culturally and linguistically diverse communities in NSW. We welcome any feedback that you may have and look forward to your participation in Mental Health Month 2011.

Yours sincerely,



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Transcultural Mental Health Centre



Elizabeth Priestley  
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