

START A CONVERSATION TODAY

Reflect and discuss with each other.
Feel free to share your reflections with us at
multicultural@mentalhealthaustralia.org.au

Accessible Support

REFLECT

What helps me feel comfortable reaching out for help?



CONNECT

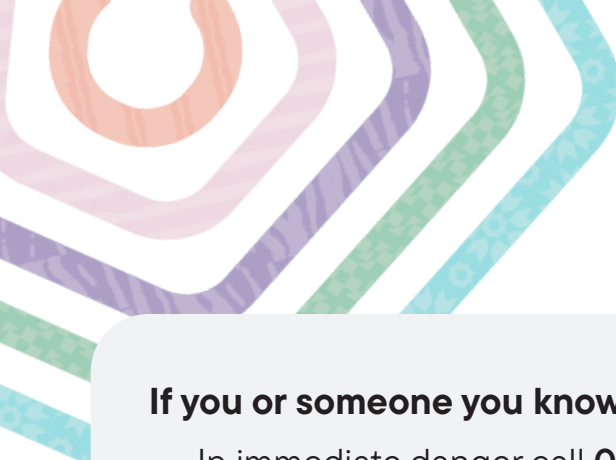
Where might people in our community reach out for support?



LEARN

What changes would make seeking support feel easier and safer?





If you or someone you know needs support

- In immediate danger call **000**
- Lifeline **13 11 14** 24/7 crisis support
- Beyond Blue 24/7 mental health and wellbeing support **1300 224 636**
- Suicide Call Back Service **1300 659 467**
- Translating and Interpreting Service (TIS) **131 450**.

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Community Connection

REFLECT

Who in my community do I go to when I need support or advice?



CONNECT

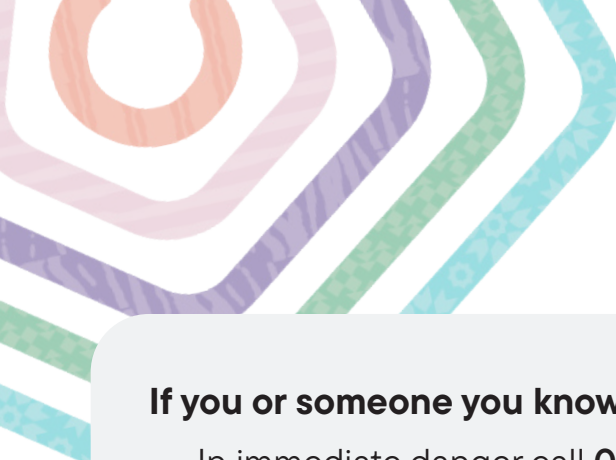
What in our community brings people together for support or connection?



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What needs to be in place for people and communities to thrive?





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Wellbeing

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What helps me care for my
mental health and wellbeing?



CONNECT

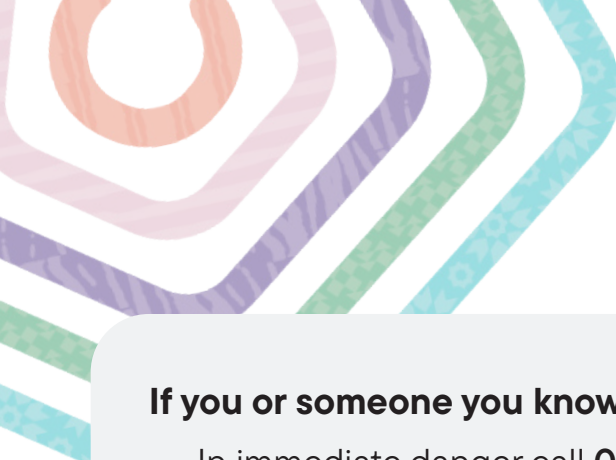
What does our community do to
support each other to stay well?



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What helps others care for their
mental health and wellbeing?





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