



Transcultural
Mental Health Centre



Culturally diverse perspectives on mental health and wellbeing

As part of Mental Health Month 2021 the Transcultural Mental Health Centre (TMHC) is presenting online webinars focussing on the transcultural aspects of mental health from a range of community voices, including Arabic-speaking, Cambodian and Indian communities.

The webinars will provide cultural viewpoints and insights, including lived experience and clinical perspectives, on the experience of wellbeing and mental health through to psychological distress and mental ill health in the context of migration.

The webinars will also provide a lens into local community responses to COVID-19 and helpful strategies for clinical and non-clinical staff to support individuals and communities during this time.

For more information or to register click on your language group below.

[Arabic speaking communities: Tuesday 26th October, 10:00 am to 11:30 am](#)

[Indian community \(Punjabi\): Tuesday 26th October, 1:30pm to 3:00pm](#)

[Cambodian community: Friday 29 October, 1:30 pm to 3:00 pm](#)

Online Webinar Details

Where: Online using Microsoft Teams – participants will be sent a link after registration

Cost: Free

Places limited to a maximum of 35 participants for each webinar

For more information contact:

Michele Sapucci, Program Leader, Mental Health Promotion, Prevention and Early Intervention, TMHC at Michele.Sapucci@health.nsw.gov.au

The TMHC is a NSW Health state-wide service hosted in the Western Sydney Local Health District.