

# Demystifying Mental Health in Ethnic Communities: Multicultural Mental Health Project Evaluation

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**Reference:**

**Key Words:**

mental health, services access, involuntary and voluntary migration, ethno-specific community groups, collaboration

**Research aim:**

To identify strategies to reponse to the mental health needs of people from ethnically diverse communities focusing on community groups who were under-represented in the utilisation of mental health services and who had had similar issues around the migration experience ie. Community members were forced to leave their countries of birth as a result of war, political conflict and other traumatic events.

**Results/Conclusion:**

The need to recognise traditional responses / treatments to address mental health issues was voiced alongside the need to find a way to make modern, western approaches effective and culturally responsive.

**Implications:**

Responses demonstrate that there is a need for this type of program to be adequately funded and resourced and to be delivered over a significantly longer period of time. Recommendations include: Provision of ongoing long-term funding to ethnic communities, More focus on prevention and early intervention in culturally and linguistically appropriate formats, More targeted approach by governments and funding bodies in responding to mental illness, More focus of collaborative work between the mainstream and ethno-specific sector.

**Cultural Group(s):**

Polish, Cambodian, Chinese, Macedonian, Arabic

**Location of study:**

Victoria

**Age group:**

not specific to older people

**Number included in study:**

a number of people involved across the 4 ethnic groups involved in the study

**Type of participants:**

ethnic community members, service providers, general community members

**Research approach:**

Mixed methods

**Type of data:**

Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**