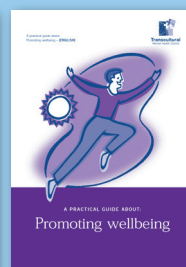
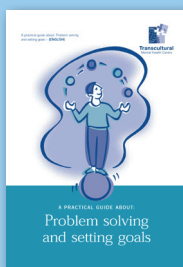
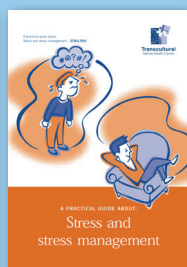
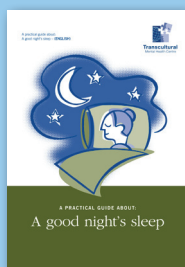
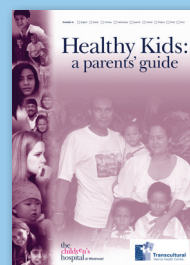
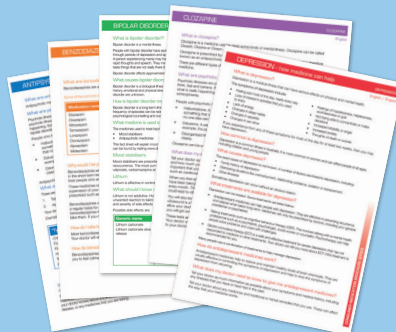
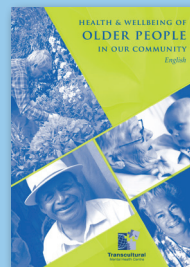


The TMHC has a range of multilingual multimedia resources covering topics such as:

- A practical guide to promoting wellbeing
- Stress and stress management
- A good nights sleep
- Problem solving and setting goals
- Consumer medication brochures
- Health and well-being of older people in our community
- Healthy kids
- Family help kit



Transcultural
Mental Health Centre



Resources on mental health and wellbeing can be downloaded in over 30 languages from the Transcultural Mental Health Centre website at **www.dhi.health.nsw.gov.au/TMHC**

Alternatively contact via email: tmhc@health.nsw.gov.au
or call: 9912 3850