'Keeping Well During the Pandemic'

In-language online webinars for Culturally and Linguistically Diverse (CALD) Communities

The COVID-19 pandemic has had a significant impact on our mental health and wellbeing, leaving many of us struggling with stress, sadness and many other emotions and experiences. As part of October's Mental Health Month, the Transcultural Mental Health Centre (TMHC) is organising a series of online webinars in multiple languages for members of CALD Communities.

The webinars will focus on the impacts of the COVID-19 pandemic on our mental health and wellbeing, how to recognise symptoms of mental distress in ourselves and others and provide information on where to seek help. The webinars will also provide tips and skills on how to manage stress and keep well during this challenging time.

The webinars will be in-language or in English with an interpreter.

For more information or to register, click on your language or community below:

Burmese: 23rd October	Nepali: 22nd October
Cantonese: 27th October	Spanish: 14th October
English: 11th October	Swahili: 20th October
Greek: 13th October	Tamil: 21st October
Indian: 22nd October	Tibetan: 19th October
Italian: 12th October	Vietnamese: 15th October
Mandarin: 27th October	Yazidi: 18th October

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

Cost: FREE

Places are limited to a maximum of 30 participants for each webinar

For more information contact: Michele Sapucci, Mental Health Promotion, Prevention and Early Intervention, Program Leader, 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