Transcultural Mental Health Centre TransFORUM for Multicultural Health Week 2018

Mental Health Literacy of Refugee Communities: Lessons for Mental Health Promotion

Presentation by:
Dr Shameran Slew-Younan, Senior Lecturer, Western Sydney University and Ms Maria Gabriela Uribe Guajardo, Registered Psychologist

This forum aims to provide participants with the skills needed to effectively improve mental health literacy in refugee communities.

Refugee communities resettling in a new country may often have low levels of mental health literacy. Disrupted education, displacement and changes within the family structure lead to gaps in health literacy. Furthermore, refugee communities may often have low levels of knowledge and understanding about their new country’s mental health support systems and treatments available for mental ill-health. Therefore, improving mental health literacy safeguards not only the mental wellbeing of individuals who have experienced conflict first hand, but also curtails the potential long term psychological effects of intergenerational trauma.

Dr Slew-Younan is a senior lecturer at Western Sydney University. The mental health literacy of refugee populations is one of her key research areas. She also works as a sessional psychologist at the Transcultural Mental Health Centre. Ms Uribe Guajardo is a registered psychologist with a research interest in mental health promotion and how to improve mental health literacy in ethnic minority groups in Australia.

To register, visit: http://www.dhi.health.nsw.gov.au/tmhc/TransFORUM
For more information, contact Chelsea Muscat
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Please register by: 30 August 2018

The TMHC is a NSW Health statewide service hosted in the Western Sydney Local Health District.