Mental health literacy project for Arabic speaking religious and community leaders and other community staff

HOW CAN WE WORK TOGETHER TO IMPROVE MENTAL HEALTH AND WELLBEING IN THE ARABIC COMMUNITY?

Community and spiritual leaders are invited to speak with Arabic-speaking health workers to discuss:

- **What is the role of faith, spirituality and beliefs in wellbeing?**
- **What are the social determinants of mental health?**
- **What can we do to reduce mental health problems?**
- **What help is available for mental health problems?**

Workshop will be facilitated in Arabic

WHEN: Tuesday, 29 October 2019 **TIME:** 9.00am - 4.00pm

WHERE: Fairfield Community Health Centre, 53-65 Mitchell Street Carramar

RSVP: 4 September 2019 **COST:** FREE

MORE INFORMATION: Randa Saleh on 0459 893 077 | Randa.Saleh@health.nsw.gov.au or Henry Lim on 9780 2759 I Henry.Lim@health.nsw.gov.au

***Morning tea and lunch will be provided**

NSW GOVERNMENT Health South Western Sydney Local Health District

WESTERN SYDNEY UNIVERSITY

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Transcultural Mental Health Centre

SSI settlementservices international

FairfieldCity Celebrating diversity

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