

**NHS Greater Glasgow & Clyde  
Multilingual Health Information Resources**

**Mental Health**

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## Scope

The Mental health topic was broken comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out the week beginning 14<sup>th</sup> May 2007 for one week only.

The sub-topics searched were:

- Addiction related mental health issues
- Alzheimer's and dementia
- Anorexia and bulimia
- Children and mental health
- Cognitive behaviour therapy
- Depression
- Domestic violence and mental health
- General mental health issues
- Obsessive compulsive disorders
- Post natal depression
- Post traumatic stress disorders
- Self harm and suicide
- Schizophrenia
- Stress

## Specialist Mental Health Sources

Alzheimer Disease International

<http://www.alz.co.uk/>

Alzheimer's Society

<http://www.alzheimers.org.uk/index.htm>

Alzheimer Scotland

<http://www.alzscot.org/>

Beat

<http://www.b-eat.co.uk/Home>

Black and Minority Ethnic Mental Health Programme

[http://www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/Mentalhealth/BMEmentalhealth/DH\\_4114937](http://www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/Mentalhealth/BMEmentalhealth/DH_4114937)

British Association for Counselling and Psychotherapy

<http://www.counselling.co.uk/>

Centre for Addiction and Mental Health

<http://www.camh.net/>

Chinese Mental Health Association

<http://www.cmha.org.uk/>

Cruse Bereavement Care

<http://www.crusebereavementcare.org.uk/index.html>

Depression Alliance

<http://www.depressionalliance.org/index.html>

HARP Mental Health and Well Being Web Resource

<http://www.mentalhealth.harpweb.org/>

Hearing Voices Network

<http://www.hearing-voices.org/index.htm>

Manic Depression Fellowship

<http://www.mdf.org.uk/>

Mental Health Foundation

<http://www.mentalhealth.org.uk/welcome>

Mind

<http://www.mind.org.uk/>

Multikulti

<http://www.multikulti.org.uk/>

National Self Harm Network

<http://www.nshn.co.uk/index.html>

NIMHE

<http://www.nimhe.csip.org.uk/>

Refugee Therapy Centre

<http://www.refugeetherapy.org.uk/index.htm>

Rethink

<http://www.rethink.org/>

Samaritans

<http://www.samaritans.org/index.shtm>

SAMH

<http://www.samh.org.uk/frontend/index.cfm?page=1>

SANE

[http://www.sane.org.uk/public\\_html/index.shtml](http://www.sane.org.uk/public_html/index.shtml)

The Royal College of Psychiatrists

<http://www.rcpsych.ac.uk/>

The Association for Post Natal Depression  
<http://www.apni.org/>

Young Minds  
<http://www.youngminds.org.uk/>

## Mental Health Multilingual Resources Directory

### Addiction related mental health

<b>Understanding addiction</b>		<b>Alcohol and depression</b>	
Description	This summarises the signs of addiction, how family members are affected and treatments that may help.	Description	Information regarding the issues around alcohol and mental health.
Format	Fact sheet	Format	Leaflet
Language	Chinese, English, Farsi, French, Polish, Punjabi, Somali, Urdu	Language	Chinese
Cost	Free to download	Cost	Free to download
Published	2002	Published	1998
Contact	Centre for Addiction and Mental Health <a href="http://www.camh.net/">http://www.camh.net/</a>	Contact	The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a>

## Alzheimer's and Dementia

<p><b>Alzheimer's disease</b></p> <p>Description General information about Alzheimer's.</p> <p>Format Leaflet</p> <p>Language Chinese, English, French, Russian, Somali</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Health Information Translations <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>	<p><b>Changed behaviours</b></p> <p>Description This describes some of the changed behaviours in the Alzheimer client.</p> <p>Format Leaflet</p> <p>Language Arabic, English, Polish, Russian</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Alzheimer's Australia <a href="http://www.alzheimers.org.au/">http://www.alzheimers.org.au/</a></p>
<p><b>Communication</b></p> <p>Description A leaflet about communicating problems and how to communicate with the Alzheimer client.</p> <p>Format Leaflet</p> <p>Language Arabic, English, Polish, Russian</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Alzheimer's Australia <a href="http://www.alzheimers.org.au/">http://www.alzheimers.org.au/</a></p>	<p><b>Dementia: what you need to know</b></p> <p>Description A leaflet providing details of what you are the key areas you need to know about with dementia.</p> <p>Format Leaflet</p> <p>Language Chinese, English, Polish, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Alzheimer Scotland <a href="http://www.alzscot.org/">http://www.alzscot.org/</a></p>
<p><b>Diagnosing dementia</b></p> <p>Description A leaflet giving details of the signs of dementia.</p> <p>Format Leaflet</p> <p>Language Arabic, English, Polish, Russian</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact Alzheimer's Australia <a href="http://www.alzheimers.org.au/">http://www.alzheimers.org.au/</a></p>	<p><b>Early planning</b></p> <p>Description Details of the importance of making early financial and legal arrangements for the dementia client.</p> <p>Format Leaflet</p> <p>Language Arabic, English, Polish, Russian</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Alzheimer's Australia <a href="http://www.alzheimers.org.au/">http://www.alzheimers.org.au/</a></p>
<p><b>Recognising the grief response and mental illness</b></p> <p>Description Information about the grief we experience when a loved one has mental illness.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Health Translations Directory <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>	<p><b>Taking a break</b></p> <p>Description Information about the importance of having some respite leave when caring for a loved one.</p> <p>Format Leaflet</p> <p>Language Arabic, English, Polish, Russian</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Alzheimer's Australia <a href="http://www.alzheimers.org.au/">http://www.alzheimers.org.au/</a></p>

<p><b>Types of dementia</b></p> <p>Description Information about the types of dementia.</p> <p>Format Leaflet</p> <p>Language Chinese, English, French, Russian, Somali</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Health Information Translations <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>	<p><b>What is dementia?</b></p> <p>Description A leaflet giving details of what dementia is.</p> <p>Format Leaflet</p> <p>Language Arabic, English, Polish, Russian</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Alzheimer's Australia <a href="http://www.alzheimers.org.au/">http://www.alzheimers.org.au/</a></p>
<p><b>Worried about your memory? An early signs brochure</b></p> <p>Description This provides information about the early signs of Alzheimer's.</p> <p>Format Brochure</p> <p>Language Arabic, English, Polish.</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Alzheimer's Australia <a href="http://www.alzheimers.org.au/">http://www.alzheimers.org.au/</a></p>	

## Anorexia and Bulimia

<p><b>Anorexia and bulimia</b></p> <p>Description Information regarding the issues around anorexia and bulimia.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Anorexia nervosa in children and young people</b></p> <p>Description A parents guide to recognising signs of an eating disorder.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Understanding eating disorders</b></p> <p>Description Presents the facts about eating disorders and what parents can do about it.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	

## Children and mental health

<p><b>Anxiety and children</b></p> <p>Description Information regarding issues of anxiety and children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Behavioural problems and conduct disorder</b></p> <p>Description A leaflet outlining the signs and treatments for behavioural and conduct disorders.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>ADHD and hyperkinetic disorder</b></p> <p>Description A leaflet outlining the signs and treatments for ADHD and hyperkinetic disorder.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Children who soil and wet themselves</b></p> <p>Description A leaflet outlining issues surrounding why children soil and wet themselves.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Children who do not go to school</b></p> <p>Description A leaflet outlining why children do not go to school.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Depression in children</b></p> <p>Description Parents guide to recognising and coping with depression in children</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Disruptive disorders in children</b></p> <p>Description Parents guide to recognising and coping with disruptive disorders in children</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Helping children with concentration problems</b></p> <p>Description A guide to ADHD.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>

<p><b>Preventing youth suicide.</b></p> <p>Description Information on risk factors and what can parents do.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Schizophrenia in young people</b></p> <p>Description How to recognise the signs of schizophrenia in young people.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Stress it affects children too</b></p> <p>Description How parents can help their children cope with stress.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Teenage moods – what is common what is not</b></p> <p>Description How parents can recognise the difference between normal moods and signs of mental illness.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Traumatic stress in children</b></p> <p>Description A leaflet outlining issues surrounding traumatic stress in children and how to get help.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost 2004</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	

## Cognitive Behaviour Therapy

<b>Cognitive Behaviour Therapy</b>	
Description	Information regarding cognitive behaviour therapy.
Format	Leaflet
Language	Chinese, French
Cost	Free to download
Published	2006
Contact	The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a>

## Depression

<p><b>Antidepressants</b></p> <p>Description A leaflet about antidepressant medication.</p> <p>Format Leaflet</p> <p>Language Arabic, French, Urdu</p> <p>Cost Free to download</p> <p>Published 2007</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Depression</b></p> <p>Description A leaflet about depression.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Depression - a summary</b></p> <p>Description This summarises the signs and effects of depression.</p> <p>Format Leaflet</p> <p>Language Chinese, Urdu</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Patient UK <a href="http://www.patient.co.uk">http://www.patient.co.uk</a></p>	<p><b>Depression and low mood</b></p> <p>Description Information regarding preventative aspects of depression.</p> <p>Format Text, audio, CD to download.</p> <p>Language Arabic, Chinese, English, Punjabi, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Sounds Healthy <a href="http://www.surgerydoor.co.uk/">http://www.surgerydoor.co.uk/</a></p>
<p><b>Depression during pregnancy and early parenthood</b></p> <p>Description The signs, symptom and coping strategies for depression during pregnancy and early parenthood.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Depression in children</b></p> <p>Description Parents guide to recognising and coping with depression in children</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Depression in older people</b></p> <p>Description Information regarding the issues around depression and the older age groups.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Depression in young people</b></p> <p>Description Information regarding the issues around depression and young people.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>

<p><b>Depression in the workplace</b></p> <p>Description A leaflet about depression in the workplace.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Manic Depression</b></p> <p>Description A leaflet giving background information about manic depression.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published 2006</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Men and depression</b></p> <p>Description A leaflet about men and depression.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Understanding depression</b></p> <p>Description Information regarding depression.</p> <p>Format Booklet</p> <p>Language Arabic, Chinese, Farsi, French, Somali, Turkish</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Multikulti <a href="http://www.multikulti.org.uk/">http://www.multikulti.org.uk/</a></p>

**Domestic violence and mental health**

<b>Domestic violence hurts the whole family</b>	
Description	This information presents information on the way in which domestic violence affects a family.
Format	Fact sheet, Audio, Multimedia, Web Video
Language	Arabic, English, Russian, Somali
Cost	Free
Published	2005
Contact	Healthy Roads Media <a href="http://www.healthyroadsmedia.org/">http://www.healthyroadsmedia.org/</a>

## General Mental Health

<p><b>About mental health</b></p> <p>Description This summarises what are mental health problems and their type.</p> <p>Format Fact sheet</p> <p>Language Chinese, English, Farsi, French, Polish, Punjabi, Somali, Urdu</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact Centre for Addiction and Mental Health <a href="http://www.camh.net/">http://www.camh.net/</a></p>	<p><b>Anxiety and phobias</b></p> <p>Description Information regarding the issues around anxiety and phobias.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Are you feeling good today?</b></p> <p>Description Guide to caring about mental health and well-being.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Kurdish (Sorani), Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Asking for help when things are not right</b></p> <p>Description This summarises what is the normal reaction to living in a new country and when you should ask for help.</p> <p>Format Fact sheet</p> <p>Language Chinese, English, Farsi, French, Polish, Punjabi, Somali, Urdu</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Centre for Addiction and Mental Health <a href="http://www.camh.net/">http://www.camh.net/</a></p>
<p><b>Bereavement</b></p> <p>Description A leaflet summarising the process of bereavement.</p> <p>Format Leaflet</p> <p>Language Polish</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Patient UK <a href="http://www.patient.co.uk">http://www.patient.co.uk</a></p>	<p><b>Bereavement</b></p> <p>Description Information regarding the issues around bereavement.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Death in the family</b></p> <p>Description A leaflet giving details about coping with a death in the family.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Does someone you know have a mental illness?</b></p> <p>Description A guide to understanding mental illness better.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Somali, Sorani</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>

<p><b>How to cope with panic attacks</b></p> <p>Description Information regarding coping with panic attacks.</p> <p>Format Booklet</p> <p>Language Arabic, French, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact Mind <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>	<p><b>How to improve your mental well-being</b></p> <p>Description Information about keeping yourself mentally well.</p> <p>Format Booklet</p> <p>Language Arabic, Chinese, Farsi, French, Somali, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Multikulti <a href="http://www.multikulti.org.uk/">http://www.multikulti.org.uk/</a></p>
<p><b>Living with dramatic mood swings</b></p> <p>Description Information about bi-polar disorder.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Parental mental illness</b></p> <p>Description A leaflet on coping with parental mental illness.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Recognising the grief response and mental illness</b></p> <p>Description Information about the grief we experience when a loved one has mental illness.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Turkish</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Health Translations Directory <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>	<p><b>Social phobias</b></p> <p>Description Information regarding the issues around social phobias.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 1998</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Saneline. Mental health help line</b></p> <p>Description A mental health helpline.</p> <p>Format helpline</p> <p>Language "Language Line" interpretation service with over 100 languages offered</p> <p>Cost Local telephone rates</p> <p>Published Current</p> <p>Contact Sane <a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a> 0845 767 8000</p>	<p><b>Understanding anxiety</b></p> <p>Description Information regarding anxiety.</p> <p>Format Booklet</p> <p>Language Arabic, French, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Mind <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>

<p><b>Understanding feelings of guilt and mental illness</b></p> <p>Description Information about the feelings of guilt carers of those with mental illness may feel.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Health Translations Directory <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>	<p><b>Understanding bereavement</b></p> <p>Description Information regarding understanding the process of loss and bereavement.</p> <p>Format Booklet</p> <p>Language Arabic, French, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Mind <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>
<p><b>Understanding mental illness</b></p> <p>Description Information regarding the issues around mental illness.</p> <p>Format Booklet</p> <p>Language Chinese, Somali, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Mind <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>	<p><b>What is a psychiatrist? What is a psychologist?</b></p> <p>Description Information regarding the role of a psychiatrist and a psychologist.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Worries and anxieties</b></p> <p>Description A leaflet giving general information about mental health related to worries and anxieties.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Psychiatry</b></p> <p>Description Information on psychiatric help.</p> <p>Format Leaflet</p> <p>Language Turkish and Urdu</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NHS Direct <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>

**Obsessive compulsive disorders**

<b>Obsessive compulsive disorder</b>	
Description	A leaflet about signs and treatments of obsessive compulsive disorders.
Format	Leaflet
Language	Arabic
Cost	Free to download
Published	2007
Contact	The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a>

## Post Natal Depression

<p><b>Mental illness after childbirth</b></p> <p>Description Information regarding post natal depression.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 1998</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Post natal depression</b></p> <p>Description Information regarding the issues around post natal depression.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 1998</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>The baby blues and PND</b></p> <p>Description A leaflet that provides information on the signs of post natal depression and how to get help.</p> <p>Format Leaflet</p> <p>Language English, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Association for Post Natal Illness <a href="http://www.apni.org/">http://www.apni.org/</a></p>	<p><b>Understanding post natal depression</b></p> <p>Description Information regarding post natal depression.</p> <p>Format Booklet</p> <p>Language Arabic, French, Turkish</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Mind <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>

## Post Traumatic Stress Disorder

<p><b>Coping personally with war</b></p> <p>Description An overview of the main issues affecting someone who has experienced war.</p> <p>Format Leaflet</p> <p>Language Arabic, Farsi, Punjabi, Kurdish (Sorani), Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact Transcultural Mental Health Centre <a href="http://www.dhi.gov.au/tmhc/">http://www.dhi.gov.au/tmhc/</a></p>	<p><b>Post traumatic stress</b></p> <p>Description Information about post traumatic stress.</p> <p>Format Leaflet</p> <p>Language Chinese, Farsi, French, Somali, Turkish, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Multikulti <a href="http://www.multikulti.org.uk">http://www.multikulti.org.uk</a></p>
<p><b>Post traumatic stress disorder</b></p> <p>Description Information regarding the issues post traumatic stress disorder.</p> <p>Format Leaflet</p> <p>Language Farsi</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Post traumatic stress disorder (PTSD) – a real illness</b></p> <p>Description This presents information on PTSD</p> <p>Format Fact sheet, Audio, Multimedia, Web Video</p> <p>Language English, Russian,</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Healthy Roads Media <a href="http://www.healthyroadsmedia.org/">http://www.healthyroadsmedia.org/</a></p>

## Self harm and suicide

<p><b>Deliberate self harm</b></p> <p>Description Information regarding the issues around deliberate self harm.</p> <p>Format Leaflet</p> <p>Language Arabic, French</p> <p>Cost Free to download</p> <p>Published 2007</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Preventing youth suicide</b></p> <p>Description Information on risk factors and what can parents do.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Suicide and attempted suicide</b></p> <p>Description Information regarding the issues around suicide attempts.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Understanding self harm</b></p> <p>Description Information regarding self harm issues.</p> <p>Format Booklet</p> <p>Language Arabic, French, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Mind <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>

## Schizophrenia

<p><b>How to respond effectively to your relative with schizophrenia who may have challenging behaviour</b></p> <p>Description Information about coping with behaviours of the schizophrenic.</p> <p>Format Booklet</p> <p>Language Arabic, Chinese, English, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Health Translations Directory <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>	<p><b>Positive and negative symptoms associated with schizophrenia</b></p> <p>Description Information about symptoms of schizophrenia.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Health Translations Directory <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>
<p><b>Schizophrenia</b></p> <p>Description Information on schizophrenia.</p> <p>Format Leaflet</p> <p>Language Turkish and Urdu</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NHS Direct <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>	<p><b>Schizophrenia</b></p> <p>Description Information regarding the issues around schizophrenia.</p> <p>Format Booklet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Schizophrenia in young people</b></p> <p>Description How to recognise the signs of schizophrenia in young people.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Understanding schizophrenia</b></p> <p>Description Information regarding schizophrenia.</p> <p>Format Booklet</p> <p>Language Arabic, French, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Mind <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>
<p><b>Understanding schizophrenia</b></p> <p>Description Information regarding schizophrenia.</p> <p>Format Booklet</p> <p>Language Chinese, Farsi</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Multikulti <a href="http://www.multikulti.org.uk/">http://www.multikulti.org.uk/</a></p>	

## Stress

<p><b>Coping with stress</b></p> <p>Description A fact sheet providing tips on dealing with stress.</p> <p>Format Fact sheet</p> <p>Language Chinese, English, Farsi, French, Polish, Punjabi, Somali, Urdu</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact Centre for Addiction and Mental Health <a href="http://www.camh.net/">http://www.camh.net/</a></p>	<p><b>How to cope with stress</b></p> <p>Description Information on why stress can harm and what to do about it.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Somali, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Stress</b></p> <p>Description Information regarding preventative aspects of stress.</p> <p>Format Text, audio, CD to download.</p> <p>Language Arabic, Chinese, English, Punjabi, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Surgery Door <a href="http://www.surgerydoor.co.uk/">http://www.surgerydoor.co.uk/</a></p>	<p><b>Stress – a summary</b></p> <p>Description A leaflet outlining the issues around stress.</p> <p>Format Leaflet</p> <p>Language Chinese, Urdu</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Patient UK <a href="http://www.patient.co.uk">http://www.patient.co.uk</a></p>
<p><b>Stress and anxiety</b></p> <p>Description Information regarding preventative aspects of stress and anxiety.</p> <p>Format Text, audio, CD to download.</p> <p>Language Arabic, Chinese, English, Punjabi, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Surgery Door <a href="http://www.surgerydoor.co.uk/">http://www.surgerydoor.co.uk/</a></p>	<p><b>Stress it affects children too</b></p> <p>Description How parents can help their children cope with stress.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>