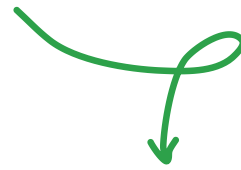


Safely Talking – Community Audience Factsheet

CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITY GROUPS



The Community Audience Fact Sheet provides further information on discussing suicide and suicide prevention with specific community groups. The information provided offers general guidance on key messages to share with the community group, recommended support services and where to go for further information to support your discussion. The factsheet should be utilised alongside the Safely Talking toolkit.

To download the toolkit go to www.mhct.org/safely-talking

Within the cultural and linguistically diverse population there are many community groups with differing experiences. Understanding a community group's experience of migration, resettlement and adjustment to a new culture is important in delivering safe discussions on suicide and suicide prevention. It is recommended that contacting the **Phoenix Centre** prior to having a discussion with a cultural and linguistically diverse group is the best approach. The **Phoenix Centre** can support with further information and resources.

Things to consider when discussing suicide and suicide prevention:

- **Timing of discussion** - in setting a date for a discussion, it is important to consider current events occurring in the country of origin of the community group. It is recommended that if there are challenging events or significant cultural events occurring, the discussion should be postponed.
- **Cultural and religious beliefs about suicide** - cultural and religious understandings about suicide may mean that suicide is rarely spoken about within certain community groups. Be aware of these factors and allow discussion that is respectful of the group's beliefs. It may be helpful to acknowledge that - 'in Australia, suicide was a taboo subject 20 years ago too, but now we are beginning to have conversations about it.'
- **Literacy and language** - providing interpreting services for the group should be a priority when holding a discussion. The Phoenix Centre recommends using NATTI Accredited Interpreters who have specific training in Mental Health (were possible).

Key messages to share with the community audience

"If you are worried about your mental health, please talk to a GP, contact the Phoenix Centre or call the Suicide Call Back Service."

Local services available:

- Encourage supports available locally, for example talking to a GP
- The Phoenix Centre provides trauma counselling and suicide prevention support:
Southern Tasmania - 03 6234 9138
Northern Tasmania - 03 6724 2820

Recommended 24-hour crisis services:

- Suicide Call Back Service (interpreting service available) - 1300 659 467
- Lifeline - 13 11 14

Further information:

- Connect with bicultural worker to support your discussion via the **Migrant Resource Centre** - 03 6221 0999 - www.mrctas.org.au
- The Phoenix Centre - www.mrctas.org.au/phoenix-centre
- Embrace Multicultural Mental Health Australia - www.embracementalhealth.org.au
- Download help-seeking contact cards - www.mhct.org/safely-talking

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