

# Invitation: Nepali Community

The Mental Health Council of Tasmania is looking for Nepali people living in Tasmania to take part in a project called Assisting Communities through Direct Connections.

This project wants to learn about the mental health experiences of Nepali people in Tasmania. The goal is to help Tasmania's mental health services better understand and support people from different cultural backgrounds.

## Who can join:

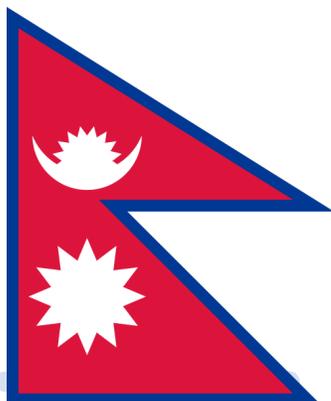
- ▶ Adults (18 years or older) of Nepali background living in Tasmania.
- ▶ Any academic or professional background, including students.

## What's involved:

- ▶ A short interview (25–30 minutes) over phone or Zoom.
- ▶ You will receive a \$30 AUD gift card for participating.

## We especially welcome:

- ▶ Mothers and caregivers
- ▶ Older people
- ▶ People with disabilities
- ▶ Gender-diverse people
- ▶ People who have experienced mental health challenges
- ▶ People who are currently mentally and physically well



## Interested? Please contact:

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