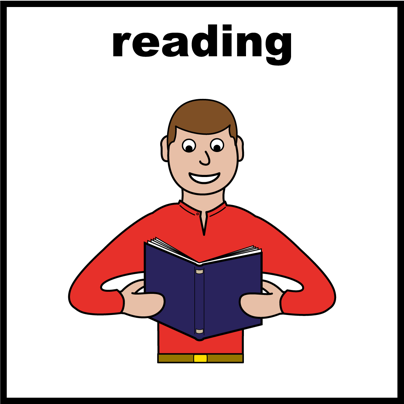
Tell us what would make mental health better for diverse communities.



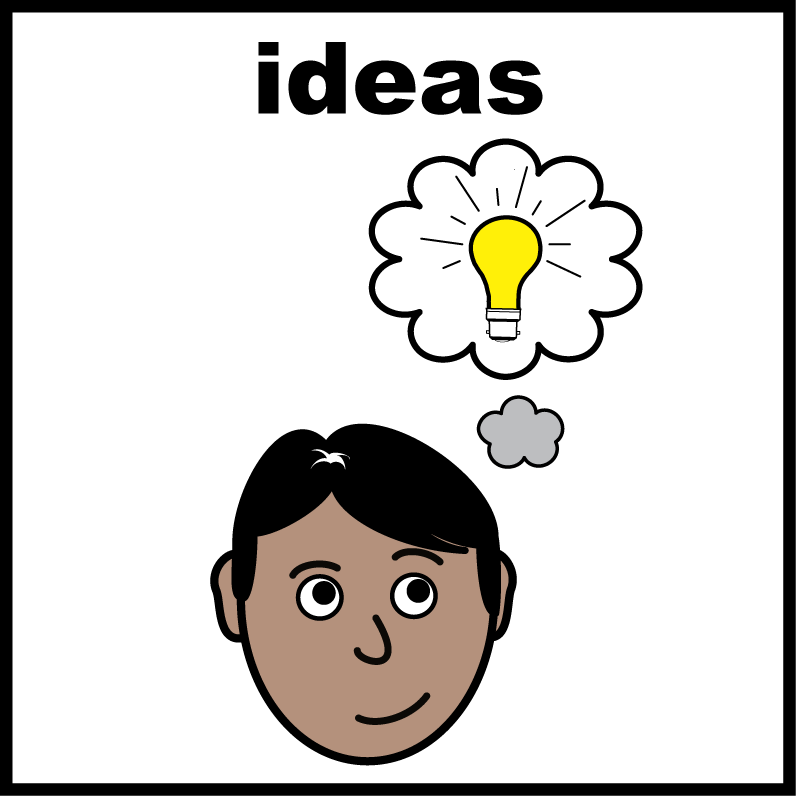
Easy English

****

The Victorian Government is making a new plan for mental health supports.

****

This plan is about people from diverse communities.



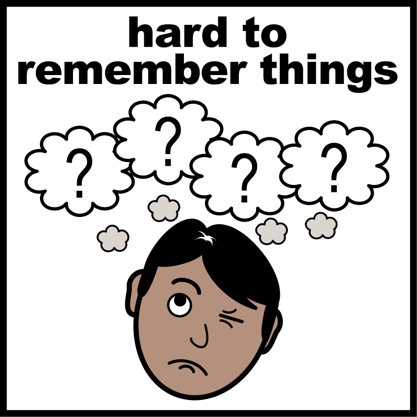
Your experience and ideas can help.

## Acknowledgement of Country

This flyer was made on Aboriginal land. We respect Aboriginal peoples

* History
* Culture
* Country
* Wisdom

## Hard words

Some words in this flyer are in a different colour.

The **green** words are hard words.

We will tell you what the hard words mean.

## Someone can help you read this flyer

You can ask someone to help you

* read
* understand
* know what you need to know
* find out more
* ask questions.

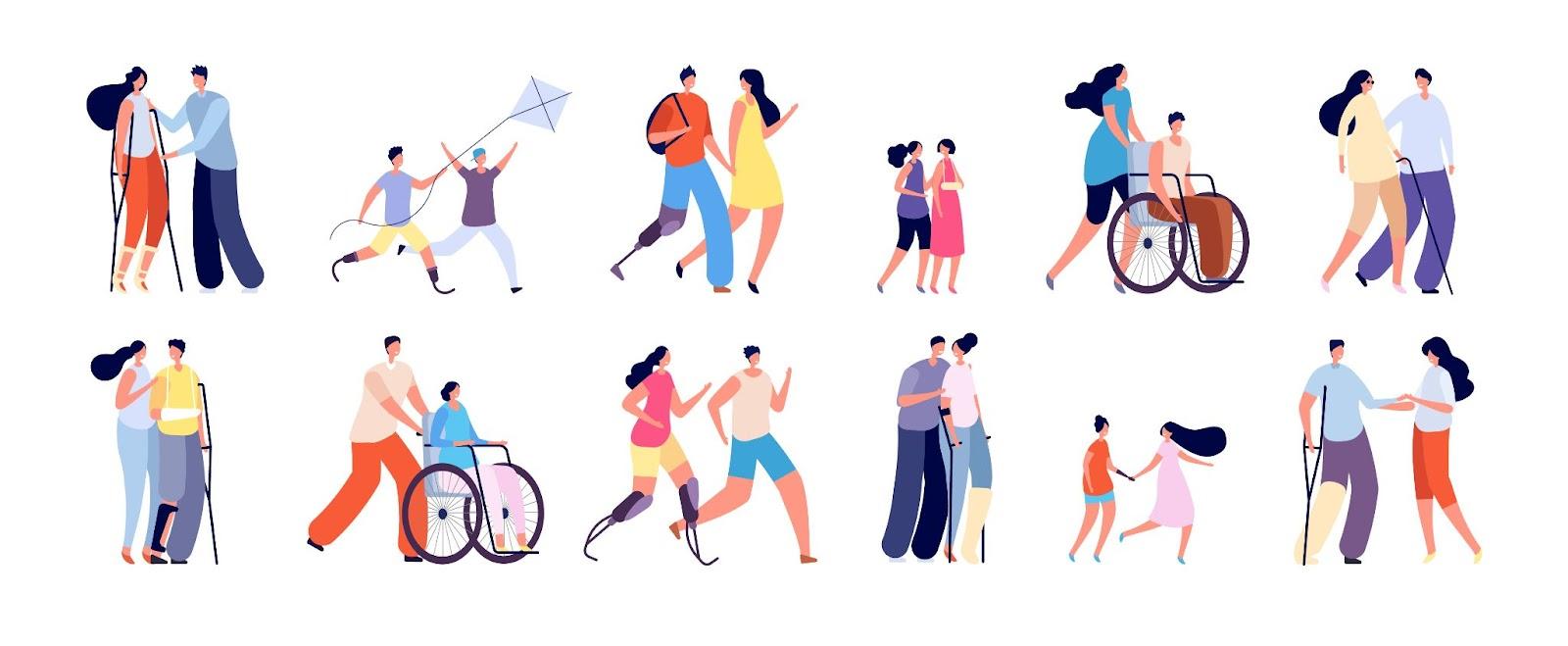
## Who wrote this flyer?

The **Diverse Communities** Team wrote this flyer.



The Diverse Communities Team is part of the Victorian **Government**.

The Government makes decisions about some services and how to pay for them.

By diverse communities we mean

1. People with disabilities.



1. People who are lesbian, gay, bisexual, transgender, queer or intersex. This is sometimes called the ‘rainbow’ group.



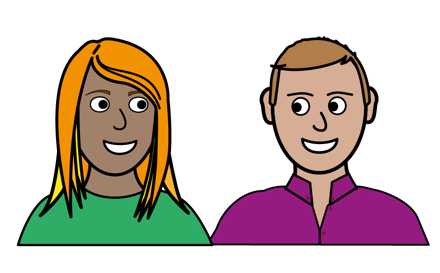
1. People from different cultures and countries.

## About mental health



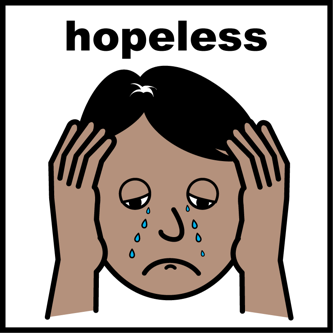
The Diverse Communities Team will make a plan to support **good mental health.**

Good mental health is when a person can

* do what they want to do
* cope with some stress
* work if they want to
* be part of their community

Poor mental health is when someone often has strong feelings that make daily life hard.

They could feel

* sad
* hopeless
* nervous
* many feelings at once.

Poor mental health can also be when someone often has trouble with thinking or memories.

Poor mental health can happen for many different reasons.

It is normal to feel like this sometimes, but not to feel like this all the time.

## Illustration of five faces in a circle with different coloured skin, hair and clothes. Some have long hair, some short, others have a beard and are bald. They are asking different questions such as 'What did?', 'Can we?', 'Who did?, 'How much?' and 'I think'. In the middle of the circle of faces is a small illustration of four people seated around a table in discussion. One is in a wheelchair.What are we doing?

The Diverse Communities Team wants to listen to people who

****

* are from diverse communities



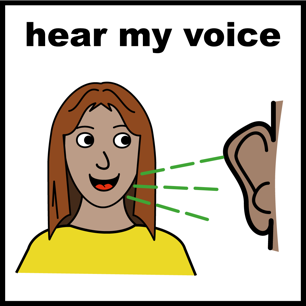
* have experience with poor mental health



* have experience of being a family member, carer or supporter



* work with diverse communities

We want to hear your ideas about mental health.

If you want to talk to us about mental health, please read the rest of this flyer.

## What we want you to do



We want you to talk about mental health.

You can talk with

* the Diverse Communities Team
* other people who have ideas about mental health



The talks will happen between 3 and 28 October 2022.

Most talks will happen online.

You will need a **computer** and **internet**.

A computer could be a laptop, desktop, tablet or smartphone.

The internet helps us talk to each other on our computers.

We will use **Zoom**.

Zoom is a computer program that helps us see and hear each other.

We might ask about:

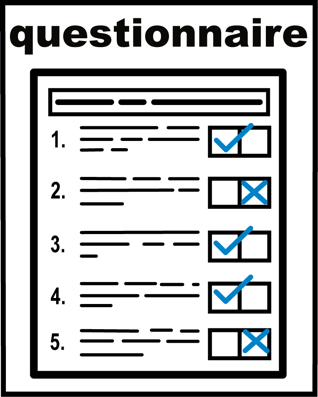
* what good mental health means to you
* good support you want for your community
* your ideas to make mental health services better

## Illustration of two people with a baby and two children. Next to them are two people, one has their hand on the other's shoulder. Underneath these people is an illustration of a large hand 'supporting' them.Things that could help you join

You can bring a support person.

They can help you

* communicate
* feel comfortable.



We will send you some questions a week before the session.

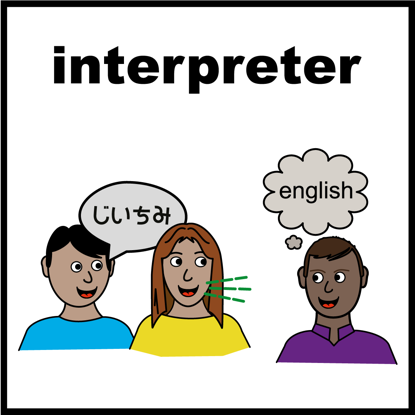
**You do not need to pay to come to these talks.

If you have **financial barriers** email us on [mhwd.diversity@health.vic.gov.au](mailto:mhwd.diversity@health.vic.gov.au)

Financial barriers could be:

* you need to pay for your internet
* you need to pay a support person
* you will miss out on paid work

You can email us about things that could help you take part.

For example:

* someone who speaks your language
* closed-captioning

## How can you find out more?

For more information, go to <https://www.health.vic.gov.au/mental-health-wellbeing-reform/diverse-communities-mental-health-and-wellbeing-framework-and-blueprint>

**

You can email the Diverse Communities team on mhwd.diversity@health.vic.gov.au.

Click this link to tell us you want to come [tinyurl.com/yckwdvra](http://tinyurl.com/yckwdvra)

## Two hands reaching toward each other.A list of talks you could join

This section has lots of information. You might ask someone to help you.

|  |  |  |  |
| --- | --- | --- | --- |
| Who the talk is for | | You may want to go to this talk if: | When the talk is |
| Illustration of two people with colourful clothes and curly hair holding a rainbow flag banner between them. The person on the left is holding a smaller rainbow flag in their other hand. | LGBTIQ+ community | You are from LGBTIQ+ communities or are a family member, carer or supporter of someone from these communities. | [1 – 3pm, 5 Oct](https://www.eventbrite.com/e/lgbtiq-community-conversation-tickets-406066855897?aff=odcleoeventsincollection&keep_tld=1)  [Online](https://www.eventbrite.com/e/lgbtiq-community-conversation-tickets-406066855897?aff=odcleoeventsincollection&keep_tld=1)  [6 - 8pm 18](https://www.eventbrite.com/e/lgbtiq-community-conversation-in-person-tickets-410306737497?aff=odcleoeventsincollection&keep_tld=1)[Oct](https://www.eventbrite.com/e/lgbtiq-community-conversation-in-person-tickets-410306737497?aff=odcleoeventsincollection&keep_tld=1)  [In Melbourne](https://www.eventbrite.com/e/lgbtiq-community-conversation-in-person-tickets-410306737497?aff=odcleoeventsincollection&keep_tld=1) |
|  | LGBTIQ+ sector and services | You are from a group or organisation that supports the mental health and wellbeing of LGBTIQ+ people. | [1:30 - 3:30pm, 18 Oct](https://www.eventbrite.com/e/lgbtiq-sector-and-services-conversation-in-person-tickets-410308021337?aff=odcleoeventsincollection&keep_tld=1)  [In Melbourne](https://www.eventbrite.com/e/lgbtiq-sector-and-services-conversation-in-person-tickets-410308021337?aff=odcleoeventsincollection&keep_tld=1) |
| Illustration of three women in different cultural dress. On the left, a person wearing a hijab and a long sleeved long dress. In the middle a person with a red pointed headress over a long blonde plait, a red tunic over a white shirt. On the right a person wearing a light blue sari, blouse and skirt with gold trim and gold jewellery in their long dark hair. | Culturally and linguistically diverse community | You are from culturally and linguistically diverse communities or are a family member, carer or supporter of someone from these communities. | [10am - 12pm, 11 Oct](https://www.eventbrite.com/e/culturally-and-linguistically-diverse-community-conversation-tickets-410298863947?aff=odcleoeventsincollection&keep_tld=1)  [Online](https://www.eventbrite.com/e/culturally-and-linguistically-diverse-community-conversation-tickets-410298863947?aff=odcleoeventsincollection&keep_tld=1)  [2 – 4 pm, 16 Oct](https://www.eventbrite.com/e/culturally-and-linguistically-diverse-community-conversation-in-person-tickets-410308181817?aff=odcleoeventsincollection&keep_tld=1)  [In Melbourne](https://www.eventbrite.com/e/culturally-and-linguistically-diverse-community-conversation-in-person-tickets-410308181817?aff=odcleoeventsincollection&keep_tld=1) |
|  | Culturally and linguistically diverse sector and services | You are from a group or organisation that supports the mental health and wellbeing of culturally and linguistically diverse people. | [6 – 8pm, 19 Oct](https://www.eventbrite.com/e/culturally-and-linguistically-diverse-community-sector-and-services-tickets-410308402477?aff=odcleoeventsincollection&keep_tld=1)  [In Melbourne](https://www.eventbrite.com/e/culturally-and-linguistically-diverse-community-sector-and-services-tickets-410308402477?aff=odcleoeventsincollection&keep_tld=1) |
| Illustration of a long haired person in a yellow shirt and brown tights, with sunglasses and a cane walking along. Walking next to them is a short haired person in a light blue shirt and dark blue pants. | People with disability | You are a person with disability or are a family member, carer or supporter of someone with disability. | [6 - 8pm, 12 Oct](https://www.eventbrite.com/e/disability-community-conversation-tickets-410303036427?aff=odcleoeventsincollection&keep_tld=1)  [1 - 3pm, 13 Oct](https://www.eventbrite.com/e/disability-community-conversation-tickets-410303036427?aff=odcleoeventsincollection&keep_tld=1)  [Both online](https://www.eventbrite.com/e/disability-community-conversation-tickets-410303036427?aff=odcleoeventsincollection&keep_tld=1) |
|  | Disability sector and services | You are from a group or organisation that supports the mental health and wellbeing of people with disability. | [1 - 3pm, 11 Oct](https://www.eventbrite.com/e/disability-sector-and-services-conversation-tickets-410300970247?aff=odcleoeventsincollection&keep_tld=1)  [Online](https://www.eventbrite.com/e/disability-sector-and-services-conversation-tickets-410300970247?aff=odcleoeventsincollection&keep_tld=1) |
|  | Rural and regional | You are from, or work with, one or more diverse communities.  You have experience of mental health in rural or regional Victoria. | [3 - 5pm, 4 Oct](https://www.eventbrite.com/e/regional-and-rural-conversation-tickets-406042653507?aff=odcleoeventsincollection&keep_tld=1)  [Online](https://www.eventbrite.com/e/regional-and-rural-conversation-tickets-406042653507?aff=odcleoeventsincollection&keep_tld=1) |
|  | Health services and practitioners | You work as a health practitioner in mainstream or cohort-specific services. This includes general health, allied health, community health, women’s health, etc. | [10am - 12pm, 4 Oct](https://www.eventbrite.com/e/health-services-and-practitioners-conversation-tickets-399807213137?aff=odcleoeventsincollection&keep_tld=1)  [10am - 12pm, 5 Oct](https://www.eventbrite.com/e/health-services-and-practitioners-conversation-tickets-399807213137?aff=odcleoeventsincollection&keep_tld=1)  [1 - 3pm, 12 Oct](https://www.eventbrite.com/e/health-services-and-practitioners-conversation-tickets-399807213137?aff=odcleoeventsincollection&keep_tld=1)  [All online](https://www.eventbrite.com/e/health-services-and-practitioners-conversation-tickets-399807213137?aff=odcleoeventsincollection&keep_tld=1) |
|  | Open | You have any of the above experiences and are happy to be in a group with anyone. | [10am - 12pm, 13 Oct](https://www.eventbrite.com/e/open-session-tickets-410306577017?aff=odcleoeventsincollection&keep_tld=1)  [Online](https://www.eventbrite.com/e/open-session-tickets-410306577017?aff=odcleoeventsincollection&keep_tld=1)  [6 – 8pm, 17 Oct](https://www.eventbrite.com/e/open-conversation-in-person-tickets-410308914007?aff=odcleoeventsincollection&keep_tld=1)  [In Melbourne](https://www.eventbrite.com/e/open-conversation-in-person-tickets-410308914007?aff=odcleoeventsincollection&keep_tld=1) |

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