



**Mental Health
Carers NSW**



Transcultural
Mental Health Centre



Participants needed for Research Study

“Guidelines for Engagement of Families/Carers from Culturally and Linguistically Diverse Communities in Mental Health Service Provision”

Mental Health Carers NSW (MHCN), Transcultural Mental Health Centre and the University of New South Wales are conducting a study on mental health services and family-focused practice with young people (aged 18 – 25) from Arabic, Mandarin and Vietnamese speaking communities and their families/carers.

This study is inviting:

- **Young people (aged 18 – 25 years old) from Arabic, Mandarin and Vietnamese speaking communities with any mental health concerns** who have experience engaging with mental health services.
 - o Currently experiencing stable mental health; not hospitalised in a hospital.
- **Families and Carers from culturally and linguistically diverse (CALD) communities who are 18 years and older** of a young person aged 18 – 25 experiencing mental health challenges.

The study aims:

- To investigate engagement of young people and families/carers from Arabic, Mandarin and Vietnamese speaking communities in mental health service provision.

The expected benefits of the study include the development of a report and resource with guidelines for supporting clinicians working with CALD young people and their families and carers to adopt a culturally sensitive approach and family focused practice.

- **Focus group discussions that will take around 1.5 hours each via Zoom or face-to-face. You can choose to attend either one or both focus group discussions, depending on your preference**
- **We will ask for your written consent and ensure privacy and confidentiality.**
- Remuneration: \$44/hour (you will be remunerated for 1.5 hours for the focus group discussion and filling out a short questionnaire beforehand). The total remuneration is \$88 for each focus group discussion.
- An interpreter and a bilingual health professional will be available in the focus group discussion.

If you are interested to know more, please contact: **Abner Poon, telephone: 9065 2315 or email: w.poon@unsw.edu.au**

If you know a person who may be interested in being a participant and would like support with attaining information included in the flyer in their preferred language, an interpreter can be arranged for this.