

Racism & the Impact on Mental Health

Date: Monday 16 March 2026
Time: 10:00am-3:00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

The impact of systemic and interpersonal racism is known to affect individual's wellbeing and health outcomes. In Australia, Aboriginal and Torres Strait Islander communities have been particularly impacted by historical discriminatory social policy. Current and past policies and practices have also disrupted the wellbeing of Culturally and Linguistically Diverse Communities.

In this course we explore the origins, history and present-day impact of systemic racism and biases on wellbeing, mental health and service provision.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



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For more information
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