

Friday, 14 July, 2017

Mindfulness program to support Arabic and Bengali-speaking communities

A new mental health initiative to support people from Arabic and Bengali-speaking communities in the South Eastern and Sydney Local Health districts is being launched on Thursday, 20 July, at Rockdale.

The Mindfulness Program uses the psychological practice of mindfulness to help reduce psychological distress, with research showing that it can help reduce symptoms of depression, stress and anxiety.

The South Eastern Sydney Local Health District (SESLHD) has been commissioned by the Central and Eastern Sydney Primary Health Network (CESPHN) to implement the program in the St George, Canterbury and Eastern Suburbs areas.

The program will expand upon a previous SESLHD project that was successfully adapted to be culturally suitable for Arabic speaking communities and won a Mental Health Matters Award in 2016. It will also build upon this success and investigate the suitability of mindfulness for people from the Bengali-speaking community.

Lisa Woodland, Manager, Priority Populations, SESLHD, welcomed the opportunity to work closely with Arabic and Bengali-speaking communities.

“We hope that we can implement ongoing improvements for people from within these communities with their mental health and wellbeing,” Ms Woodland said.

Project partners include the SESLHD Multicultural and Mental Health Services, Sydney Local Health District Mental Health Service, CESPHN, Western Sydney University and Al Zahra Muslim Women’s Association.

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