



MHCN Statement –

Mental health impacts of conflicts and distress

As the peak body for families, friends, carers, and kin of people who experience mental health concerns in NSW, MHCN, acknowledges the distress caused to many sensitive people by conflicts and adverse events, domestic and international. These crises can significantly impact mental wellbeing and cause concerns for most people, but especially those who are already experiencing their own problems, rendering them more emotionally tender and heightening the response to turbulent times.

We acknowledge that these impacts are particularly profound for people who may have come to Australia from regions directly impacted by conflict, such as those with Ukrainian, Russian, Palestinian, Israeli, Syrian, Lebanese, Yemeni, Afghan, Sudanese, Muslim and Jewish backgrounds to name just a few examples.

While the causes of these conflicts are complex, MHCN joins with other people of good faith around the world in believing that solutions lie in parties from all sides recognising each other's humanity and their human rights to mutual respect and self-determination and seeking peace instead of violence. In this regard, the United Nations' Universal Declaration of Human Rights is the highest expression of human values and civilization. We note Australia's strong support for the United Nations and its principles in seeking just, rights-based solutions supported by multilateral agreements and processes that allow us to solve our problems together and not in spite of each other.

However, MHCN recognises the emotional harm distressing events have on mental health today in Australia. To assist those impacted to access mental health support, a list of resources has been compiled on the following pages.

Additionally, MHCN has listed resources for some diverse communities who may require culturally accessible support and also for Aboriginal and Torres Strait Islander people impacted by the Voice Referendum.

Mental Health Carers NSW Inc.

Funded by the NSW Ministry of Health

Suite 2.03, Level 2, 3 Spring St, Sydney NSW 2000

P: (02) 9332 0777

W: www.mentalhealthcarersnsw.org

E: MHCNadmin@mentalhealthcarersnsw.org



Mental Health Carers NSW

Multicultural and Voice Mental Health Resources

Name	About
Australia Psychological Society	<ul style="list-style-type: none">• Search for a psychologist, refine result by selecting 'Preferred Language'• http://www.psychology.org.au/Find-a-Psychologist
Australian Association of Social Workers	<ul style="list-style-type: none">• This directory can be searched by language preference• http://www.aasw.asn.au/find-a-social-worker/search
Ethnic Communities Council of NSW Inc.	<ul style="list-style-type: none">• Peak body for multicultural communities in NSW• https://eccnsw.org.au/
Embrace Multicultural Mental Health	<ul style="list-style-type: none">• 31 language options for mental health resources• https://embracementalhealth.org.au/
STARTTS – NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors	<ul style="list-style-type: none">• Aimed towards refugees rebuilding their lives in Australia• https://www.startts.org.au/
Support Services, Voice Referendum, Australian Human Rights Commission	<ul style="list-style-type: none">• This website contains a list of support services following the Voice referendum:• Support services – Voice referendum Australian Human Rights Commission
The Transcultural Mental Health Centre	<ul style="list-style-type: none">• Improves pathways to mental health services for culturally and linguistically diverse communities• https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre
The National Mental Health Line	<ul style="list-style-type: none">• Free 24/7 mental health phone line for support in NSW• Phone: 1800 011 511• https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx
NSW Refugee Health Service	<ul style="list-style-type: none">• Promotes and protects the health of refugees and people of refugee-like backgrounds• Phone: (02) 9794 0770• Email: SWSLHD-RefugeeHealth@health.nsw.gov.au• http://www.swslhd.health.nsw.gov.au/refugee

Mental Health Carers NSW Inc.

Funded by the NSW Ministry of Health

Suite 2.03, Level 2, 3 Spring St, Sydney NSW 2000

P: (02) 9332 0777

W: www.mentalhealthcarersnsw.org

E: MHCNadmin@mentalhealthcarersnsw.org



Mental Health Carers NSW

Organisations aimed towards specific cultural groups – Organised alphabetically

Name	About
Centre for Muslim Wellbeing	<ul style="list-style-type: none">List of practitioners that are culturally responsive and experience with culturally and linguistically diverse communities Professionals List – Centre for Muslim Wellbeing (cmw.org.au)Resources to support wellbeing Resources – Centre for Muslim Wellbeing (cmw.org.au)
Hatzolah	<ul style="list-style-type: none">Caters to the Jewish communityBased in Sydney's Eastern SuburbsProvides care in medical emergencies before the arrival of an ambulance24/7 emergency number: 02 9371 2222https://www.hatzolah.com.au/
Hayat Line- Mission of Hope	<ul style="list-style-type: none">Crisis support line and case management service designed for those experiencing personal distress from Muslim or culturally diverse communities.1300 993 398 Monday-Friday 9am-5pmhttps://missionofhope.org.au/hayat-line/
Jewish House	<ul style="list-style-type: none">24/7 crisis line number: 1300 544 357In house counselling and meditation run by their Rabbi 0293860770reception@jewishhouse.org.auJewish House : What's On
The SHIFA Project	<ul style="list-style-type: none">Offers psycho-spiritual support for Muslims affected by the crises in Palestine and Gaza and resources for healingFree telehealth and in-person Psychological Counselling is available with no referral neededFill out the "Contact Us" form at the end of the webpage to request a consultation; Shifa (shifaproject.org.au)
United Resources for Ukrainians in Australia	<ul style="list-style-type: none">Offers practical supports for Ukrainianshttps://ukrainians.org.au/receive-support/

Mental Health Carers NSW Inc.

Funded by the NSW Ministry of Health
Suite 2.03, Level 2, 3 Spring St, Sydney NSW 2000
P: (02) 9332 0777

W: www.mentalhealthcarersnsw.org

E: MHCNAdmin@mentalhealthcarersnsw.org