

## Invitation

### Embrace Multicultural Mental Health – Community Video Forum – South Australia

*Are you looking for resources and information about mental health to support your community?*

**South Australian community organisations, community leaders and multicultural mental health advocates are warmly invited to attend a free video forum on addressing mental health.**

Embrace Multicultural Mental Health (the Embrace Project) will be holding a free video forum for South Australian multicultural communities to provide you with resources and information on how to address mental health in your community.

The interactive session will provide you with the opportunity to:

- Learn about the Embrace Project
- Receive information and resources to address mental health in your community
- Hear from local community members about their mental health experiences
- Hear about what support is available from a local service provider
- Ask questions and discuss mental health in a safe environment

**SA**

**Date: Thursday 24 September 2020**

**Time: 12:00pm – 1:30pm**

**Cost: Free**

**Zoom webinar**

**Please register for the workshop here:**

**<https://us02web.zoom.us/meeting/register/tZlVfuyvrTwoH9ZXC0iP9sA6VJVlxMil0UBs>**

Contact the Embrace Project team on 02 6285 3100 or email [multicultural@mhaustralia.org](mailto:multicultural@mhaustralia.org) for more information.

*The Embrace Project provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds. Mental Health Australia is partnering with the Federation of Ethnic Communities' Council of Australia (FECCA) and the National Ethnic Disability Alliance (NEDA) to deliver the project. The project is funded by the Australian Government Department of Health.*