

CASE STUDY: **Stepping out of the shadows**

Stepping out of the shadows program, promotes reducing stigma in Multicultural Communities.

Stepping out of the shadows: Reducing Stigma in Multicultural Communities

Stigma surrounding mental illnesses is an obstacle which can prevent people from seeking treatment and having open conversations about their mental health. Stigma particularly affects CALD communities and is closely related to notions of 'saving face' and 'shaming', which is why it is so important to address this stigma and break down barriers for people seeking help.

A training package was developed which included:

- Training program manual;
- DVD teaching tool translated into 17 languages including English;
- CD-ROMS with Fact Sheets on mental health topics available in 16 languages including English; and
- Multicultural Mental Health (MMHA) resource list.

There were approximately three hundred participants that attended 68 workshops. There were significant positive outcomes with regards to program delivery and meeting the objectives to the specified groups. It is evident that some individuals sought help as a result of the training, others identified at risk people within their community who were yet to see an improvement in the stigma in their community and were perhaps less inclined to seek help.

Program learnings:

- Feedback from the program stressed the need for further work to be done to empower communities to take the lead on reducing stigma in their communities.

AT A GLANCE



Target Participants
CALD Communities, refugees and migrants.



Aim
To address stigma and break down barriers for people seeking help.



Organisations Involved
Fremantle Multicultural Centre Western Australia (FMCWA)



Location
Western Australia



Funding
Fremantle Multicultural Centre Western Australia (FMCWA)

The Fremantle Multicultural Centre (FMC) was established in 1981 as the Fremantle Migrant Resource Centre following the national review of post-arrival programs and services by Melbourne lawyer, Frank Galbally. The Centre's principal objectives were to provide a base for support services and facilities for migrants in the Fremantle region and to promote greater awareness of their needs and cultural backgrounds among local service providers and the community.

For More Information Visit:

<http://www.fmcwa.com.au/home>

