

For a stronger and more inclusive Auburn community, in which we care about people with mental illness.

One Door  
Mental Health

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# Bilingual Mental Health Support Service

Helping individuals and families from Auburn's culturally and linguistically diverse (CALD) community to connect to mental health services.



Contact One Door  
Bilingual Support  
Service on  
**8737 5566**

Program  
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Many Opportunities.



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Western Sydney Primary Health Network



# Bilingual Mental Health Support Service

## Experiencing mental illness

Mental illness can be a very isolating experience. It can also be very difficult to navigate the mental health sector and connect to the right services for you and your family.

If you or your family members are experiencing mental illness including anxiety, depression or schizophrenia, our mental health support workers can help you through the process of recovery and connect you to services in Auburn and surrounding neighbourhoods.



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We want to break down the stigma and increase understanding of mental health in CALD communities

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## Who we support

People living with mental illness, their families and carers who reside in Auburn and neighbouring suburbs, can contact us for support in finding the right services. We have bilingual mental health support workers who speak Arabic, Chinese and Vietnamese.

Our bilingual mental health support workers work closely with other services including ADSi, Settlement Services, NSW Health and Community Services, as well as specialists such as GPs, psychologists and allied health professionals to identify and link individuals, their families and carers to appropriate supports.

Our workers can work one on one with individuals and family members to connect them to the services they need, creating pathways to integrated care. We support and work closely with ADSi staff to facilitate better coordination of mental health services and programs to deliver care that is tailored to an individual's needs.

We work with carers to help them engage in support services. We also work closely with Western Sydney Recovery College to deliver workshops to specific CALD communities.



## What we want to achieve

We want to see increased access to existing mental health services by CALD community members with mental illness, their families and carers.

We want to strengthen the coordination, referral pathways and connections between CALD people in the Auburn area, general practitioners, allied health providers, government agencies, health services and other various community services.

We want to break down the stigma and increase understanding of mental health in CALD communities, facilitate community-based support groups and deliver person-centred, recovery-oriented, family-focused and trauma-informed services.

