

***North East Migration Partnership Team***

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| https://images-eu.ssl-images-amazon.com/images/I/41PMl0vHY2L._SL500_AC_SS350_.jpg  **UK Based**  **Mental Health and Wellbeing Resources Available in Other Languages**  (May 2020) | | |
| **Organisation** | **Description of Provision** | **Links** |
| **Avon and Wiltshire** | Coping Strategies for Anxious Times  PDF Leaflets – Please click to open |  |
| **Doctors of the World** | Latest NHS Guidance on Covid -19 translated into 51 Languages | <https://www.doctorsoftheworld.org.uk/> |
| **Chinese Mental Health Association** | Mental Health Information page/website with other useful links.  This is in Chinese as well some English | <http://www.cmha.org.uk/> |
| **Kooth** | Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.  Kooth do have an Arabic counsellor within the team.  Any young person would need to request a chat with the counsellor via the messaging service, stating to speak to a counsellor who can speak Arabic. The only thing would be they may not be able to schedule a chat in straight away depending on the counsellors work load at the time.  Please click on PDF files for further details. |  |
| **Odils Learning Foundation** | There are 13 language playlists currently available with 3 videos each:   * How to slow the spread of Coronavirus * How to stay well during Coronavirus * What are the symptoms of Coronavirus and what do I do if I am sick?   Odils Learning Foundation intend to update these resources as the situation arises. | <https://odils.com/>  <https://www.youtube.com/channel/UCRIAQxKolHKqazgUPF-krpw> |
| **NHS** | The NHS website for health in other languages. | <https://www.nhs.uk/accessibility/health-information-in-other-languages> |
| **Public Health England** | 10 ways to help your mental health and wellbeing  Polish, Russian, Punjabi, Urdu, Bengali, Gujarati, Romanian, Romani (for the Roma travelling community) and Somali  Tip : You may need to use a Media Player such as VLC to open this. | <https://coronavirusresources.phe.gov.uk/now-more-than-ever-every-mind-matters/resources/translated-social-media-post/> |
| **University of East London** | This page provides direct links to reliable national and international websites and databases enabling refugees and asylum seekers, social and mental health care professionals, organisations and agencies working with them in the UK and internationally to easily access an abundance of translated mental as well as general health resources and information in a variety of languages | <https://www.uel.ac.uk/research/refugee-mental-health-and-wellbeing-portal/resource-centre/translated-mental-health-resources> |
| **UK Royal College of Psychiatrists** | 24 different languages of RCP mental health information | <https://www.rcpsych.ac.uk/mental-health/translations> |

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| See the source image  **Mental Health and Wellbeing Resources available in Other Languages**  **International Websites**  **(Please note some links may refer to the country of origin’s health services and not of the UK. However, most of the general advice is universal and is available in other languages.)**  (May 2020) | | |
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| **Beyond Blue** | This is an Australian Website however it provides information and support to help everyone achieve their best possible mental health, whatever their age and wherever they live. | <https://www.beyondblue.org.au/who-does-it-affect/multicultural-people/translated-mental-health-resources> |
| **Centre for Addiction and Mental Health**  **(CAMH)** | Centre for addiction and mental health, CAMH, Canada’s largest mental health and addiction teaching hospital.  A variety of mental health and addiction information and factsheets in various languages are available on the website.  Advice on Covid -19 is available on this website | <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/information-in-other-languages>  <https://www.camh.ca/en/health-info/mental-health-and-covid-19> |
| **Covibook**  **By Manuela Molina** | This has been developed to support and reassure children up to the age of seven. It meant for families to explore and discuss emotions in a child friendly manner around the Covid =19 situation. Available in a wide range of languages. It is meant to reduce children’s anxiety with some printable activities. It is available in many languages. | <https://www.mindheart.co/descargables> |
| **Embrace**  **Multi- Cultural**  **Mental Health** | Highlighting and empowering the narrative around mental health. Accessible Australian website, just click one language via box at top left of screen and it provides an alternative version with all resources available in that language. | <https://embracementalhealth.org.au/> |
| **Health Information**  **Translations** | Health Information Translations provides education resources in multiple languages health care professionals and others to use in communities. Resources are easy to read. | <https://www.healthinfotranslations.org/> |
| **Kelty Mental** | Canadian website based in Vancouver. Helps families navigate the mental health system, listen and offer peer support, and connect them to resources and tools. This is not UK based assistance. But useful translated documents can be found on this website | <https://keltymentalhealth.ca/resources> |
| **Mediline Plus** | MedlinePlus is the National Institutes of Health's website produced by the US National Library of Medicine, the world’s largest medical library. The website provides an abundance of free, reliable and up-to-date health information about diseases, conditions, and wellness issues in about 50 languages to people all over the world. | <https://medlineplus.gov/languages/languages.html> |
| **The Transcultural Mental Health Centre** | The Transcultural Mental Health Centre provides a wide range of resources in over 40 languages for people from culturally and linguistically diverse communities and health professionals working with them to support good mental health. | <https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/multilingual-resources> |
| **Save the Children** | Save the Children’s Resource Centre is an online library that hosts comprehensive, reliable and up-to-date information on Save the Children's thematic areas: child protection, child rights governance, health & nutrition, education and child poverty. The website is open to the public and provides access to over 7,000 materials all in one place and a number of languages including English, Arabic, French, Italian, Spanish, etc. | <https://resourcecentre.savethechildren.net/> |
| **Syrian Research Group** | COVID-19 prevention for low-income/displaced Syrian communities |  |