

Multicultural Mindfulness Resources - Frequently Asked Questions



What are the Multicultural Mindfulness Resources?

The Multicultural Mindfulness Resources are culturally adapted, in-language mental health resources for people from culturally and linguistically diverse backgrounds. The resources aim to help people improve their mental wellbeing and reduce their psychological distress through a set of 6 mindfulness exercises in audio or video format that people can use independently, anytime and anywhere.

What is mindfulness?

Mindfulness is a practice that aims to help us pay attention to the present moment and connect with ourselves, and our surroundings without judgement. It is often taught through meditation exercises, and has been used to help people better manage their thoughts and feelings, and particularly to reduce stress.

Is there evidence for the effectiveness of mindfulness practice for mental wellbeing?

Studies have shown that programs based in mindfulness are effective in reducing depression, anxiety and stress, and improve overall general wellbeing. The Multicultural Mindfulness Resources have been adapted from mindfulness programs that have been formally evaluated and found to produce significant improvements in participants' mental health and reductions in psychological distress.

References:

- Blignault, I., Saab, H., Woodland, L., & Comino, E. (2019). Evaluation of the acceptability and clinical utility of an Arabic-language mindfulness CD in an Australian community setting. *Transcultural Psychiatry*, 56(3), 552–568. <https://doi.org/10.1177/1363461519825880>
- Blignault, I., Saab, H., Woodland, L., & O'Callaghan, C. (2021). Cultivating mindfulness: evaluation of a community-based mindfulness program for Arabic-speaking women in Australia. *Current Psychology*. <https://doi.org/10.1007/s12144-021-02146-z>
- Janssen, M., Heerkens, Y., Kuijer, W., Van Der Heijden, B., & Engels, J.. (2018). Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review. *PLOS ONE*, 13(1), e0191332. <https://doi.org/10.1371/journal.pone.0191332>

Who are the Multicultural Mindfulness Resources for?

The resources are suitable for anybody who would like to reduce their stress and anxiety, regulate their emotions and improve their general wellbeing. The exercises don't require any introduction or referral from a health worker or clinician, and all people are able to access the resources free of charge and without sign-up.

Who developed the Multicultural Mindfulness Resources?

The Multicultural Mindfulness Resources are led by South Eastern Sydney Local Health District. The audio resources were developed with the support of community partners and is part of a broader Mindfulness Interventions in CALD Communities program co-funded by Central and Eastern Sydney Primary Health Network.

What languages are the Multicultural Mindfulness Resources available in?

The Multicultural Mindfulness Resources are currently available in English, Arabic, Bangla, Mandarin (Chinese), Nepali, Greek and Spanish. South Eastern Sydney Local Health District is continuing to identify languages that the resource can be adapted for in the future.

Is the practice of mindfulness compatible with my religion?

Mindfulness can be practiced by anyone from any faith irrespective of their cultural or spiritual beliefs. Research has been found it to be compatible with the teachings and faiths of Islamic, Christian and Judaism, and it was initially derived from Buddhist meditation practices.

Reference:

- Blignault, I., Saab, H., Woodland, L., & O'Callaghan, C. (2021). Cultivating mindfulness: evaluation of a community-based mindfulness program for Arabic-speaking women in Australia. *Current Psychology*. <https://doi.org/10.1007/s12144-021-02146-z>

Where can people from culturally and linguistically diverse backgrounds get mental health support after using the Multicultural Mindfulness Resources?

If you would like mental health support after using the Multicultural Mindfulness Resources, we recommend that you can contact the following:

- **Your GP** – your GP is a good first point of contact, and will be able to discuss with you your concerns and provide information about further support services
- **NSW Mental Health Line** (Ph: 1800 011 511 – available 24 hours, 7 days a week) – A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people
- **TIS** (Translating and Interpreting Service) (Ph: 131 450) – for an interpreter to help you connect with a service/organisation in your language
- **Head to Health** (www.headtohealth.gov.au) – A website where you can find mental health services from trusted health organisations, as well as other resources such as smartphone apps, online forums and phone services.
- **Transcultural Mental Health Support Line - 1800 648 911** (coming soon)

How can people access the Multicultural Mindfulness Resources?

The Multicultural Mindfulness Resources can be accessed at:

<https://www.mhcs.health.nsw.gov.au/about-us/campaigns-and-projects/current-campaigns/mindfulness-program-audio-resources>.

Video resources are also available on the NSW Multicultural Health Communication Service YouTube page (<https://www.youtube.com/user/mhcsnsw>).