

Embrace Multicultural Mental Health (The Embrace Project)

[The Embrace Project](#) builds on the achievements of previous national projects and aims towards an equitable mental health system and improved mental health and wellbeing for Australia's multicultural population. The Project provides a coordinated approach to meeting the unique needs and challenges faced by people from Culturally and Linguistically Diverse (CALD) backgrounds. This includes providing a platform to increase national networking and collaboration opportunities for mental health practitioners working with people from CALD backgrounds. Crucially, the Project works to improve the cultural responsiveness of mainstream mental health services to meet the needs of the diverse Australian population. This is being achieved through further development and implementation of the Framework for Mental Health in Multicultural Australia.

The [Framework for Mental Health in Multicultural Australia \(The Framework\)](#) is a FREE, nationally available online resource which has been mapped against national standards to help you meet your existing requirements. It has been developed to support Australian mental health services, practitioners, Primary Health Networks and others to work effectively in a multicultural context. The Framework consists of a tailored set of modules and self-reflection tools, which allow organisations and practitioners to evaluate and enhance their cultural responsiveness. Registered users build on their strengths and address areas for improvement in a self-paced way, with free access to a range of support and resources to inform both professional and service development.

To find out more go to www.embracementalhealth.org.au or email us on multicultural@mhaustralia.org or call us on (02) 6285 3100.