



# REVERB Workshop

## Amplifying the voices of multicultural young people in mental health

**Do you want to hear from multicultural young people about their experiences accessing mental health support? Do you want to better understand the stigma multicultural young people face around accessing mental health services?**

In this 2.5 hour professional development workshop we address the underrepresentation of multicultural young people accessing mental health services.

Our workshop is co-designed and co-facilitated by youth volunteers from migrant and refugee backgrounds, who are trained in facilitation, have lived experiences in accessing mental health services, and have an understanding of cultural nuances when discussing mental health in their communities.



### What people have said:

*"Thank you very much, the facilitators were wonderful and the session content was engaging throughout. I also enjoyed the collaborative, interactive structure of the session."*

**- MENTAL HEALTH SERVICE PROVIDER**

*"Thank you for an amazing workshop that really made me reflect on my own practice and what could get in the way of me connecting in a culturally safe way with young people. "*

**- PSYCHOLOGIST**

# What to expect from this workshop

In this session, co-facilitated by young people, we will:

- Share knowledge of the complexity and stigma around mental health in multicultural communities
- Explore personal and organisational bias
- Reflect on the barriers multicultural young people face in accessing services
- Share good practice for engaging multicultural young people in mental health service delivery



**This session is suitable for front line staff as well as managers from a range of sectors including health, education, government, welfare and the community sector.**

## Fee Schedule - Workshops for Mental Health Service Providers

<b>Not-for-profit (NFP) and Schools</b>	<b>Corporate and Government</b>
<b>\$850+GST</b>	<b>\$950+ GST</b>
<ul style="list-style-type: none"><li>• Fees include payment for the youth facilitator</li><li>• Training events require a min 8 people, max 15 (flexible upon request)</li><li>• In person and remote delivery of training via Zoom is available</li><li>• Additional costs apply for rural and regional travel</li></ul>	



To make a booking please contact the Sector Capability and Training team at [training@cmy.net.au](mailto:training@cmy.net.au)

**cmy**  
Centre for  
Multicultural Youth