

Multicultural Hub

Welcome

This Hub was 'co-designed' (created and built) with people from culturally and linguistically diverse (CALD) backgrounds with lived experience of mental health concerns, as well as their carers and other supporters. Two groups, one in Sydney, NSW and one in Melbourne, VIC worked on these resources over 18 months in 2019 - 2020.

The groups wanted to share stories of people's experiences of the NDIS, make resources in plain English and other languages, and look at some of the barriers to getting support. These resources were made for you - to help you along your NDIS journey.



Reimagine Today Podcast

NDIS Back To Basics

Episode 1 - Psychosocial Disabilities & Cultural Barriers - [LISTEN NOW](#)

A transcript for Episode 01 is available here: [Transcript - Episode 01](#)

Episode 2 - Personal Stories, Misunderstandings & Contexts - [LISTEN NOW](#)

A transcript for Episode 02 is available here: [Transcript - Episode 02](#)

Episode 3 - Improving the NDIS & the Role of Interpreters - [LISTEN NOW](#)

A transcript for Episode 03 is available here: [Transcript - Episode 03](#)

Episode 4 - The Future of the NDIS - [LISTEN NOW](#)

A transcript for Episode 04 is available here: [Transcript - Episode 04](#)

The Podcast CREDITS and Episode Outlines are available here: [CREDITS - Episode Outlines](#)



Our stories

Here, a few people share their experiences of mental health and the NDIS with you.

David's Story

The transcript for this video can be found here: [Transcript - David Story](#)

David's story is also available in Mandarin: [Mandarin](#)

Satish's Story

A transcript of this video can be found here: [Transcript - Satish Story](#)

Maissa's Story - I hope one day

The transcript for this video can be found here: [Transcript - Maissa's Story](#)

Maissa's Story is also available with subtitles in Arabic: [Arabic](#)

Mental health stigma with friends

The transcript for this video can be found here: [Transcript - Understanding](#)

This video is also available with subtitles in Arabic: [Arabic](#)

The Carer's Journey

Carers play an important part in our journeys, that's sometimes forgotten. The following are some carer's stories we've put together that may help others on their journey:

Sam and Mei-ling - English

The transcript for this video can be found here: [Transcript - Sam and Mei-ling - English](#)

This video is also available in Mandarin: [Mandarin](#)

The transcript for this version can be found here: [Transcript - Sam and Mei-ling - Chinese Simplified](#)

A script for this story is also available in:

- [Sam and Meiling - Arabic](#)
- [Sam and Meiling - Chinese - Traditional](#)
- [Sam and Meiling - Korean](#)

Nick and Jorge - English

The transcript for this video can be found here: [Transcript - Nick and Jorge - English](#)

This video is also available in Spanish: [Spanish](#)

The transcript for this version can be found here: [Transcript - Nick and Jorge - Spanish](#)

A script for this story is also available in:

- [Nick and Jorge - Korean](#)
- [Nick and Jorge - Turkish](#)
- [Nick and Jorge - Vietnamese](#)

Jeena and Robina - English

The transcript for this video can be found here: [Transcript - Jeena and Robina - English](#)

A script for this story is also available in:

- [Jeena and Robina - Arabic](#)
- [Jeena and Robina - Assyrian](#)
- [Jeena and Robina - Chinese - Simplified](#)
- [Jeena and Robina - Persian](#)

Resources to support you

Workbook in languages

We've worked to make a plain [English version](#) of our workbook:



And this is now also available in the following languages:

- [Arabic](#)
- [Assyrian](#)
- [Chinese - Simplified](#)
- [Korean](#)
- [Persian](#)
- [Spanish](#)
- [Turkish](#)
- [Vietnamese](#)

Learning Activity

The following activity was designed by people from multicultural backgrounds, to support others with overcoming potential barriers to accessing NDIS support. Take a look!

[Overcoming barriers to accessing the NDIS](#)

And this is now also available in the following languages:

- [Arabic](#)
- [Chinese - Simplified](#)
- [Korean](#)
- [Persian](#)
- [Spanish](#)
- [Turkish](#)
- [Vietnamese](#)

Useful links

[Embrace Multicultural Mental Health project](#)

[Multilingual Disability Hub](#)

[Wellways Understanding Mental Health Resources](#)

[Making a Complaint - Multiple Languages](#)

[FECCA: Culturally proficient service delivery](#)

[Into the light: An Arabic resource on psychological health](#)

[Translated NDIS resources](#)

