Queensland Transcultural Mental Health Centre

Working with Afghan refugees – Resources for clinicians

1. Getting to know the socio-political context

- BBC news article Afghanistan: Ethnic Groups , Who are the Taliban?, "Taliban are back – what next for Afghanistan?" "Why are Hazaras Persecuted?"

- Amnesty International summary report on Afghanistan including current social and political implications

- SBS Cultural Atlas Summary of core concepts, greetings, religions, family, naming, communication do's and don'ts

- Queensland Health cultural profile: https://www.health.qld.gov.au/__data/assets/pdf_file/0032/156398/afghan2011.pdf

- Metro South Health cultural profile: https://metrosouth.health.qld.gov.au/sites/default/files/content/community-profile-afghan.pdf

2. Available mental health literacy information (including access to translated COVID-19 information)

- QTMHC website - translated information

- Embrace Mental Health – consumer information sheets, including one on trauma (in Dari & Farsi)

- Beyond Blue – translated mental health resources

- Beyond Blue COVID mental wellbeing support service - Translated information sheets for consumers on managing mental health during COVID-19 pandemic

- Multicultural Australia – Translated COVID-19 resources

- Refugee Health Network Qld – Translated COVID 19 information

3. Training for practitioners wanting to know more about culturally responsive practice

- QTMHC eLearning course available on iLearn – Cultural Considerations in Mental Health Assessment

- QPASTT online course – Trauma-informed incidental counselling with survivors of torture and trauma

- Health Translations – translated information and health and wellbeing, including training for practitioners

- Victorian Transcultural Mental Health – online learning

- Queensland Health – Working with Interpreters Guideline

- Culturally responsive clinical practice: working with people from migrant and refugee backgrounds

4. Trauma informed practice

- Blue Knot Foundation Guidelines – 'The Last Frontier': Practice Guidelines for treatment of complex trauma and trauma informed care and service delivery

- Australian Refugee Health – Experiences of torture and trauma: psychological and physical effects, management, and psychological approaches.

5. Vicarious trauma & self-care

- Recognising Compassion Fatigue, Vicarioius Trauma & Burnout in the Workplace
- How it works?
- How to manage it?

6. Multicultural services and programs

- For a comprehensive list of mental health and health services
  https://www.refugeehealthnetworkqld.org.au/mental-health/

7. Practical supports for refugees

- Assisting people who have lost contact with family members

The International Committee of the Red Cross (ICRC) manages a free and secure 'Restoring Family Links' service to help people who have lost contact with family as a result of a humanitarian crisis such as a conflict, a natural disaster or migration https://familylinks.icrc.org/en/Pages/home.aspx. To register, phone the Australian Red Cross 1800 875 199 or email tracing@redcross.org.au and they will take details and start searching.

- Psychosocial supports and phone line support Multicultural Connect Line

- Housing, legal, health advocacy, mental health support for people seeking asylum or refugees, Asylum Seeker and Refugee Assistance (ASRA) program

- Immigration advice and legal representation, assistance to get visas, reversing visa cancellation or appealing refusal decisions, Refugee and Legal Immigration Service