

Rethinking

MENTAL HEALTH

6.0

A Whole of Health Approach

**Living positive, living well:
addressing the social and
emotional wellbeing impact of
HIV in CALD communities**

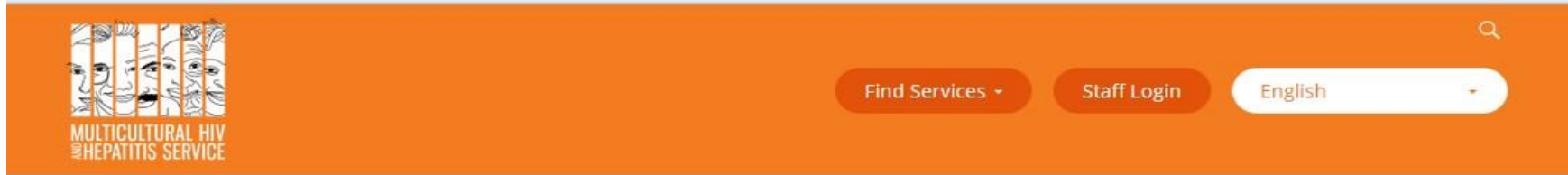
Donatella Cifali



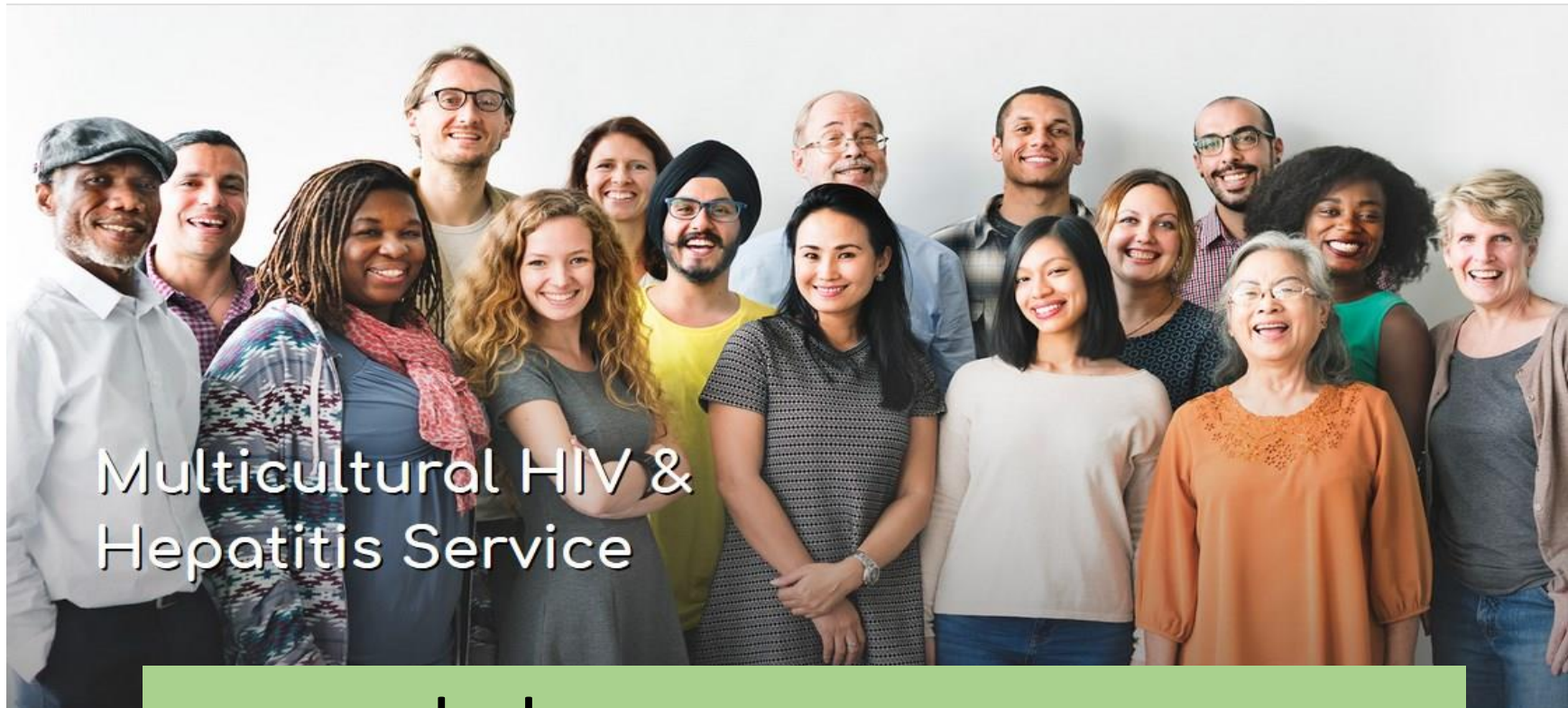
#RTMH

HIV & Mental Health

Culturally and Linguistically Diverse (CALD) People Living with HIV (PLHIV)



- HOME
- NEWS
- HIV
- HEPATITIS
- MEDIA
- HEALTH CARE WORKERS
- USEFUL LINKS
- ABOUT
- CONTACT



Multicultural HIV & Hepatitis Service

www.mhahs.org.au 02 95151234

World Health Organisation definition of mental health:

“ a state of well-being in which every individual **realises** his or here own **potential**, can **cope with the normal stresses** of life, can **work productively** and fruitfully, and is **able to make a contribution** to her or his community”

→ Social and emotional wellbeing

Issues affecting migrants

- Insecure residency status – visa stress
- Language difficulties - including low literacy in own language
- Lack of familiarity with health and other systems
- Financial insecurity
- Welfare eligibility
- Accommodation
- Education
- Employment
- Dislocation
- Social isolation
- Discrimination

Asylum seekers/refugees

- Trauma
- Grief and loss
- Mental health issues
- Distrust of authorities
- Reticence to accept support

(Korner, H (2007) 'If I had my residency I wouldn't worry' Negotiating migration and HIV in Sydney Australia.

Beliefs about HIV from Country of Origin

- Death
- Deviant, breach cultural and moral values
- Sex Worker
- Injecting Drug User
- Homosexual and/or promiscuous

= **'Not Me'**

HIV disclosure...risks loss of:

- Family
- Job
- Housing
- Social standing
- Identity
- Liberty or life

Constantly guarding secret....fear, anxiety, depression,
social withdrawal

LINA

ABDEL

CALD PLHIV experience

Isolation, social withdrawal, fear of disclosure, anxiety, self-stigma, low self-esteem, depression, suicidal ideation, loss of identity and purpose...

≠

At odds with determinants of SEWB –
community involvement and social
connection

To address stigma:

Sectors work collaboratively, common vision – influence policy and \$

There is not “a CALD community” –

So we need to work with the many communities

- In consultation
- In partnership
- In collaboration
- Informed and led by them

Thank you

Donatella Cifali
Senior Social Worker
Multicultural HIV & Hepatitis Service (MHAHS)

Telephone : 02 9515 1234

Email : donatella.cifali@health.nsw.gov.au

Website : www.mhahs.org.au