



Victorian Transcultural MENTAL HEALTH

*Working together to innovate in mental health care
to support the well-being of all Victorians because diversity matters*

Victorian Transcultural Mental Health (VTMH)

OUR AIM

Victorian Transcultural Mental Health (VTMH) aims to strengthen the capacity of organisations to address inequity in mental health service provision and improve the mental health, social and emotional wellbeing of culturally diverse individuals, families and communities.

WHY FOCUS ON CULTURE?

Culture plays a significant role in how people experience mental health issues. Culture also shapes mental health practice, and how services are structured.

Culture is formed by many intersecting socio-political factors, including ethnicity, sexual and gender diversity, religion, spirituality, class, economic status, power, and life experience.

HOW WE WORK

Our team works across the state of Victoria, delivering services in line with four program areas.

Please see overleaf for further details on each of these areas.

Our work sees us engage with a variety of stakeholders, including mental health services, other agencies, local communities, consumers and carers, and research partners.

OUR WORK INCLUDES:

- Forming partnerships with organisations and assisting service providers to implement culturally responsive strategies
- Providing workforce education, and coordinating networks and events
- Listening to and working alongside consumers and carers from culturally diverse backgrounds and engaging with culturally diverse communities
- Undertaking projects and conducting research and evaluation
- Consulting on policy reform and development

Collectively, our team has knowledge of lived experience of mental health issues and service use, mental health practice and supervision, community development, service development, research and evaluation, project management, and advocacy.

Victorian Transcultural Mental Health Program Areas

ORGANISATIONAL DEVELOPMENT

We work with mental health service providers and other organisations to implement strategies to improve their cultural responsiveness

Collaboration takes a variety of forms. We partner with services to undertake whole-of-organisation reforms via The Partners in Diversity Program. We can also provide services with more targeted assistance to address strategic objectives or conduct projects.

COMMUNITY ENGAGEMENT

A community engagement framework is used across all our program areas.

We educate mental health service providers about ways to involve people in decision making and service delivery.

We also work directly with community groups and organisations.

WORKFORCE EDUCATION AND PRACTICE SUPPORT

We offer:

- Free online learning modules
- Workshops
- Seminars and Forums
- Reflective practice sessions
- Secondary consultation

We also coordinate the Victorian Cultural Portfolio Holder Program. The Program supports diversity champions by providing opportunities for networking, learning, and mentoring.

RESEARCH, EVALUATION & PROJECTS

We undertake research and evaluation projects in collaboration with service providers and research units.

Recent projects include:

- Using audio-visual methods to tell stories of lived experience
- Leading consultations
- Conducting project evaluations
- Co-designing resources

FURTHER INFORMATION

For more information please visit our website or contact us by phone or email to speak with an Education and Service Development Consultant.

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