

We want to help diverse communities



Department of Health

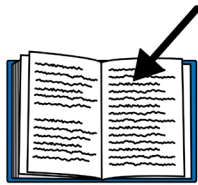


About this book



This book has some hard words.

We write hard words in **bold**.



We write what the hard words mean.



You can ask for help to read this book.



Some parts of this book might make you feel upset.



You can talk to someone about how you feel.

You can contact Lifeline.

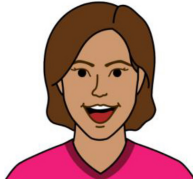


Call 13 11 14



Website lifeline.org.au

This book is from
the Department of Health.



Our work is about **mental health**.

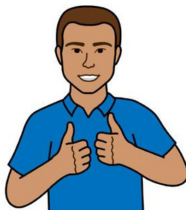


Mental health is about how you

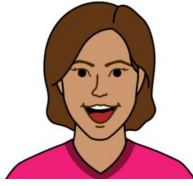
- think



- feel



- act.



We have a plan about

- mental health



- **diverse communities.**

Diverse communities means people from different groups.



For example

- people with disability



- people of different cultures



- people of different religions.



Different groups can also mean **LGBTIQA+**.

The letters in LGBTIQA+ are about people.

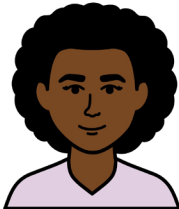


The letters are about **sexuality**.

Sexuality is about who you are attracted to.

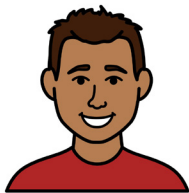


The letters are also about **gender**.



Your gender might be

- woman

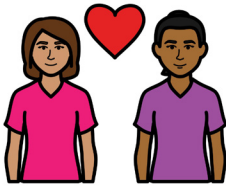


- man



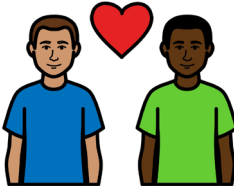
- something else.

L means **lesbian**.



Lesbian means you are a woman who is attracted to women.

G means **gay**.

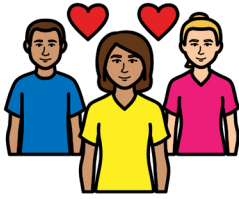


Gay means you are a man who is attracted to men.



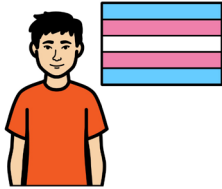
Gay can also mean you are attracted to people of the same gender.

B means **bisexual**.



Bisexual means you are attracted to more than 1 gender.

T means **transgender**.



Transgender means your gender is different to when you were born.

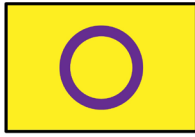
Transgender is also called trans.

Q means **queer**.



Queer means you might be 1 or more of the letters.

I means **intersex**.

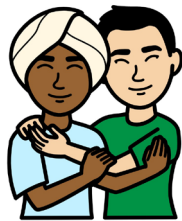


Intersex means you have male and female body parts.

A means **asexual**.



Asexual means you do not like sex.



+ or plus means we include every sexuality and gender.

We want mental health care to be inclusive



Inclusive means for everyone.

We want mental health support to be **accessible**.



Accessible means you can get mental health care

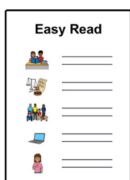
- when you need it



- where you need it



- how you need it.



Accessible also means you can

- understand information



- get into places.

We want people to help each other



You can help each other have good mental health.

You can find organisations that help with mental health.



You can find organisations for

- people with disability
- LGBTIQ+ people.

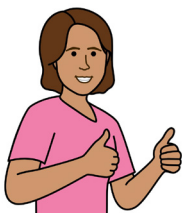


You might want to talk to a **counsellor**.



A counsellor is an expert who can

- talk to you about your feelings
- help you feel better.



We want mental health care to be safe



We want to stop **stigma** about mental health.



Stigma is when people are not fair to you
because of mental health.

For example, some people think mental illness
is bad.



We want you to feel safe with

- doctors



- nurses.

We want people to be healthy

We will tell you how to stay well.



For example, you can

- talk to a counsellor

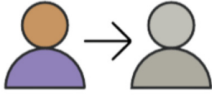


- talk to someone you trust



- go outside.

We want to stop suicide



Suicide is when someone ends their life.



We want to help people who think about suicide.



We also want to help after someone dies by suicide.



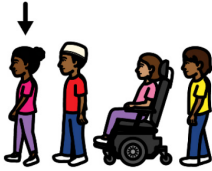
For example we want to help

- family



- friends.

We want leaders from diverse communities



We will help people be leaders in mental health care.



We might help people from different groups

- get jobs

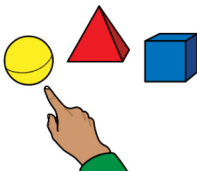


- learn.



We will help people be on **boards**.

Boards are a group of people.



People on boards help organisations make decisions.

More information

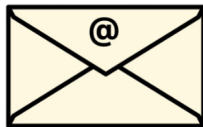


Department
of Health

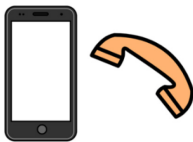
You can contact the Department of Health.



Website health.vic.gov.au



Email mhwd.diversity@health.vic.gov.au



Call 1300 650 172

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