

Metro South Addiction and Mental Health Services

Contact us

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Opening hours

Monday – Friday
8.30am – 5.00pm

Metro South Addiction and Mental Health Services

Queensland Transcultural Mental Health Centre

*A statewide service for
people from culturally and
linguistically diverse
backgrounds*

Our vision

*Healthy minds = a strong and healthy
multicultural community*

Our mission

*To lead innovative multicultural mental
health developments and achieve
healthy minds and wellbeing across
the lifespan in our diverse community
through collaboration*

Queensland Transcultural Mental Health Centre (QTMHC)

What is the Queensland Transcultural Mental Health Centre (QTMHC)?

The Queensland Transcultural Mental Health Centre (QTMHC) provides specialist statewide services for culturally and linguistically diverse (CALD) individuals, families, communities and organisations to facilitate culturally responsive mental health care with a focus on complex mental health problems across all age groups and the continuum of care.

The QTMHC facilitates this through clinical and cultural consultation services and the provision of information, resources, clinical and community education and mental health promotion, prevention and early intervention programs.

Services provided

Clinical consultation service

The QTMHC provides specialist clinical consultation services through clinical specialists and bilingual mental health consultants covering over 100 languages and cultural groups.

The service provides specialist assessment and short term intervention as well as information, advice and referral options to mental health service providers, consumers and their families.

Library and multilingual resources

The QTMHC has an extensive resource library on a diverse range of transcultural mental health topics as well as translated information on various mental health issues.

Mental health promotion, prevention and early intervention

In partnership with a range of organisations, the QTMHC coordinates a range of group programs and activities focusing on reducing stigma and increasing mental health literacy and resilience in multicultural communities.

Statewide Multicultural Mental Health Coordinators (MMHC) Program

The QTMHC works in partnership with mental health services within hospital and health services across the state through MMHC positions focusing on facilitating culturally appropriate mental health care to consumers and their families as well as liaison with local multicultural groups.

Consumer and carer participation

The QTMHC works with consumers and carers from culturally and linguistically diverse backgrounds to ensure input into QTMHC programs and services as well as broader policy and program areas.

Policy and service development

The QTMHC has an ongoing and strategic role in policy and service development in mental health and related areas at state and commonwealth government levels.

Research

The QTMHC promotes collaborative research partnerships to further develop and contribute to the evidence base in transcultural mental health.

Education and development

The education program focuses on building the cultural competency of the mental health workforce as well as building the mental health literacy of multicultural sector organisations and groups.

We can assist if you:

- Wish to organise a culturally appropriate assessment and/or psychoeducation for a consumer and/or their family members
- Require transcultural mental health training for your staff
- Need specific cultural information for a consumer or cultural group you are working with
- Wish to organise a workshop on a particular mental health issue in your community
- Are looking for books, articles and resources on transcultural mental health issues
- Need advice on cross-cultural service development issues.