

Who Should Contact Us?

- Jewish groups, organisations or schools who would like to learn more about partnering with Jewish Care to develop mental health promotion activities for their organisation.
- Mental health service providers or community organisations who would like to learn more about supporting the needs of, or engaging with the Jewish community.
- Individuals experiencing mental illness who would like to discuss their cultural and spiritual needs.



If you'd like more information or wish to discuss your needs, please contact us:

Jewish Care (Victoria) Inc
619 St Kilda Road
Melbourne Victoria 3004

Telephone (03) 8517 5999
Email info@jewishcare.org.au
www.jewishcare.org.au



About Individual and Family Support

Our Individual and Family Support services provide housing support, financial counselling and aid, service coordination and individual and family counselling to members of the Jewish Community, including those living with a mental illness.

Our Values

חסד **chesed** kindness
משפחה **mishpacha** family
דרך ארץ **derech erez** respect
צדקה **tzedakah** charity

MENTAL HEALTH PROMOTION



What is Mental Health Promotion?

Mental health promotion refers to actions taken to maximise mental health and wellbeing across a target population. Mental health promotion is different from, but complementary to, mental health service delivery.

In Australia, it is estimated that in any given year, 1 in 5 people will be affected by a diagnosable mental illness. This equates to around 10,000 Jewish Victorians.

Jewish Care's Mental Health Promotion initiative was created to improve the mental health literacy of the Victorian Jewish community, and promote positive mental health.

The Mental Health Promotion initiative has three primary target areas:



1. Increasing Community Awareness

- Increasing awareness and recognition of mental illness
- Encouraging the community to seek our support, as well as external providers, for mental health issues
- Enhancing clients' and carers' understanding and knowledge of the mental health service system
- Promoting strategies that support positive mental health
- Combating negative stigma
- Supporting social inclusion

2. Service System Engagement

- Supporting consideration of the Jewish community in local area health planning
- Building the cultural awareness of mental health service providers
- Supporting cultural appropriateness of mainstream mental health messaging
- Facilitating referrals within the mental health service system
- Providing secondary consultation

3. Building Staff Capacity

- Supporting our status as a mental health friendly organisation
- Providing training and education to support innovation and ensure best practice
- Providing information and resources



Examples of Mental Health Promotion Activities

We offer a variety of activities that help to address these target areas:

- Skill development workshops
- Community education forums
- School-based education and training
- Cultural awareness education
- Provision of fact sheets and other resources
- Social connection planning
- Promotion of national awareness campaigns
- Social media messaging