

Multicultural Health Service SESLHD
in partnership with
STARTTS and NSW Refugee Health Service
Present
Research to Practice Forum

Refugee Mental Health: *From trauma towards recovery*

INVITATION

Wednesday 7th June 2017
9:00am – 1:00pm
Rowers on Cooks River
1 Levey Street, Wollie Creek

Keynote Speakers

Mental Health Impacts of Pre- and Post-Migration Stress and Trauma on Refugee Recovery

Professor Zachary Steel

Chair of Trauma and Mental Health, St John of God
School of Psychiatry, University of NSW

Mental Health Literacy in Refugee Communities

Dr Shameran Slewa-Younan

Senior Lecturer in Mental Health, School of Medicine
Western Sydney University

Mental Health Profile of Newly Arrived Refugees

Lachlan Murdoch

Deputy CEO, STARTTS

Neurofeedback in the Treatment of Trauma

Mirjana Askovic

Senior Neurofeedback Program Team Leader, STARTTS

Mindfulness with Refugee Women

Hend Saab

Bilingual Senior Psychologist
St George Community Mental Health, SESLHD

Morning tea and lunch provided

RSVP by 31 May 2017 at the following address: <https://www.surveymonkey.com/r/refugeementalhealth>

For any enquiries please contact patty.loukas@health.nsw.gov.au on 9382 8674 or
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**Multicultural
Health Service**



**DIVERSITY EQUITY
HEALTHY PEOPLE**



The journey towards resettlement and recovery from trauma for people from refugee backgrounds is complex. For many the mental health impact will be ongoing and they will face significant barriers to accessing appropriate support. This forum brings together experts in the field to explore the psychological impacts of trauma and settlement, and the implications for providing effective health care.

The forum will examine some of the latest evidence on the ongoing mental health impacts and challenges for refugee recovery, as well as highlighting some best practice approaches to working with people from refugee backgrounds.

All health professionals working with refugee communities, particularly in a mental health setting, are welcome to attend.