

Victorian Transcultural Mental Health (VTMH)

Working together
to create healthy connected
communities, where no one
is left behind.

OUR PURPOSE

We work closely with the mental health sector, as well as the public health, human service, education, and community sectors, which people also approach for mental health support.

We welcome working with a broad range of people, including communities, those with lived experience, the mental health workforce, educators, service improvement professionals, researchers, and those working with policy.

We aim to listen to people, build on their strengths, and share experiences and information. We apply theories and practices to co-produce resources, build capacity and translate knowledge.

VTMH is the lead transcultural and intersectional mental health service for the state of Victoria, funded by the Mental Health Drugs and Regions Division of the State Government of Victoria, Department of Health, and sits within St Vincent's Hospital, Melbourne.

OUR GOALS ARE TO

- STRENGTHEN THE WELLBEING OF COMMUNITIES
- CREATE A MORE EQUITABLE AND SOCIALLY JUST SERVICE SYSTEM
- BUILD BRIDGES BETWEEN PEOPLE, GROUPS AND SYSTEMS
- DEVELOP A RESPONSIVE, REFLECTIVE MENTAL HEALTH WORKFORCE
- SHARE EXPERIENCES, STORIES AND EVIDENCE

OUR VALUES

- Acknowledging responsibility
- Holding multiple perspectives
- Advocacy and equity
- Respect and humility
- Life-long learning
- Collective action

[Culture plays a significant role in how people experience mental health issues. Culture also informs mental health practice and how services are structured and organised.]

CONTACT US



(03) 9231 3300



vtmh@svha.org.au



vtmh.org.au



VTMH

WHAT WE DO

VTMH advocates strongly for cultural safety and supports the examination of societal structures, service systems, and institutional factors. We promote equity and justice in mental health practice, policy, governance and the allocation of public resources. Human rights frameworks, intersectionality, and social and cultural models of health underpin our work.

We use four main strategies.

STRATEGIES

COLLABORATE



We prioritise inclusive participation and use design thinking

ACTIONS

— *Join with consumers, carers and communities and community-based organisations.*
— *Team up with mental health teams, service providers, educators and government.*

SUPPORT



We build capacity by offering support over an extended time

— *Support the growth and self-determination of community-based advocates and agencies.*
— *Build the capacity of mental health professionals and services to implement practices and strategies.*

EQUIP



We create resources and spaces to learn about mental health and diversity

— *Reach out to mental health, primary health, social services, education and community sectors.*
— *Create evidence-informed resources and make them freely available.*

ADVOCATE



We prioritise cultural safety through all our work

— *Listen to lived experience, value diverse voices, acknowledge intersections, and form coalitions.*
— *Address enduring patterns of social inequality in our work with government, service providers, networks, peak bodies and communities.*

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