

Do you want to know about a specific health topic in your language? Ask us!

1. WOMEN'S HEALTH

Breast Health (Breast Screen, Breast Awareness, Breast Cancer), Cervical Health (Pap smears, Abnormal Pap Tests, HPV, Cervical Cancer, Ovarian Cancer), Endometriosis, Menopause, HRT, Menstruation (PMS), Osteoporosis, Pelvic Floor, Polycystic Ovarian Syndrome (PCOS), Health Rights

2. MAKING HEALTHY CHOICES

Healthy Heart, Cardiovascular Disease, Diabetes, Exercise, Nutrition, Alcohol, Smoking, Arthritis

3. WORKING WELL: OCCUPATIONAL HEALTH & SAFETY

Asthma, Discrimination, Dust, Heat, Hygiene, Machinery, Manual Handling, Paternity Leave, Noise, Occupational Overuse Syndrome, Sexual Harassment, Stress, Varicose Veins, Workplace Violence, Workplace Bullying

4. MENTAL HEALTH AND USING MEDICINES SAFELY

Drugs-Prescription: Non-prescription: Illicit Drugs, Alternative Therapies, Pain Management, Relaxation, Depression, Stress, Mental Illnesses, Better Sleep

5. REPRODUCTIVE HEALTH

Infertility, family planning, Natural Methods, Pregnancy Choices, Pregnancy and Birth, Pregnancy: Effects of Alcohol and Drugs, Health consequences related to Female Genital Mutilation/Cutting (FGM/C)

6. SEXUAL HEALTH

Safer Sex, Sexually Transmitted Infections, HIV/ AIDS, Cystitis, Vaginal Health and Hygiene, Sexuality and (Sexual Identity), Healthy Relationships (Negotiating sex)

7. WOMEN'S SAFETY AND WELLBEING

Sexual Assault, Family Violence, Legal Rights & Services, Problem Gambling

CAN I SPEAK TO SOMEONE IN MY PREFERRED LANGUAGE?

Currently at MCWH, women speak the following languages:

Arabic,	Hindi	Nuer
Cantonese	Italian	Somali
Croatian	Khmer	Spanish
Dari	Lotuka	Sudanese-Arabic
Dinka	Macedonian	Tigre
English	Madi	Tigrigna
Farsi	Mandarin	Vietnamese
Greek	Marathi	

Call our free number and we can arrange for you to speak with them.

Free call 1800 656 421 or
go to www.mcwh.com.au



Multicultural Centre for Women's Health
Suite 207, Level 2, Carringbush Building, 134
Cambridge Street, Collingwood, Victoria, 3066
Telephone: 03 9418 0999 or www.mcwh.com.au



Putting immigrant and
refugee women's health
and wellbeing first

WHO ARE WE?

Multicultural Centre for Women's Health (MCWH) is a national women's health organisation committed to improving the health and wellbeing of immigrant and refugee women around Australia.

MCWH is a national voice for all women and girls from immigrant communities both new and old, including international students, refugees and asylum seekers.

MCWH does not give medical advice. If you have questions about your health please see your health professional or general practitioner. MCWH can refer you to health information in your language and can provide advice and support about using the Australian health system.



WHAT DO WE DO?

MCWH does everything it can to promote the health and wellbeing of immigrant and refugee women across Australia, through advocacy, education, research and training. MCWH provides:

- education and information in many languages to women at work, in schools and in the community;
- professional training, advice and support for bilingual community and health workers across Australia;
- a multilingual library and resource collection which covers health topics for women in over 40 languages;
- research and advocacy related to improving immigrant and refugee women's health and wellbeing.



WHY SHOULD I CALL MCWH?

It is the right of every woman to have the tools and information she needs to choose what's best for her own health and wellbeing.

What makes MCWH unique is:

- We are specifically **for women** and run by women **from immigrant and refugee backgrounds**.
- We use a **women to woman** approach
- Information and support from us can be totally **confidential**.
- Our information and services are **free**.

Free call 1800 656 421 or go to www.mcwh.com.au

- For health information in languages other than English
- For advice about who to talk to about your health
- To arrange for a bilingual health educator to come and speak to you, your work or your community group
- To find out more about your rights to health and wellbeing