

# HEALTH INFORMATION

## WHO ARE WE?

The 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, including international students and migrants on temporary visas.

MCWH is the national voice for all women from immigrant communities, including students, refugee and asylum seekers and women from both emerging and established communities.

**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 promotes the wellbeing of immigrant and refugee women across Australia, through advocacy, social action, multilingual education, research and capacity building. MCWH provides:

- education and information in many languages to women at work, in schools and in the community;
- professional training, consultation 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. Contact us for health information and we can send you related resources;
- research and advocacy activities related to improving immigrant and refugee women's health and wellbeing.

**MCWH provides health information so that you can choose what's best for you. The women at MCWH understand and respect your knowledge and experiences. We can provide information in a way that is completely confidential.**

## CAN I SPEAK TO SOMEONE IN MY PREFERRED LANGUAGE?

Currently at MCWH, women speak the following languages: Amharic, Arabic, Burmese, Cantonese, Croatian, Dari, Dinka, English, Farsi, Greek, Hindi, Italian, Karen, Lotuka, Macedonian, Madi, Mandarin, Marathi, Punjabi, Somali, Spanish, Sudanese-Arabic, Tagalog, Tigre, Tigrigna and Vietnamese. 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](http://www.mcwh.com.au)**

# HEALTH TOPICS

MCWH can help you access information and services about many topics related to your health and wellbeing. Being in a new country and different health system can sometimes be stressful and time consuming. Your emotional and mental health and safety is as important as your physical health.

## 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

**For more information free call 1800 656 421  
or go to [www.mcwh.com.au](http://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 or your group
- To find out more about your rights to health and wellbeing