

# welcome to the mcwh multilingual resource collection!

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## tamil collection topics list 1

### General Health

- Diabetes
- Exercise
- Heart Health
- Nutrition

### Social Health

- Centrelink Information
- Drugs and Alcohol:  
*Safer Use of Medicines*  
*Smoking*
- Mental Health:  
*Coping Personally with War*  
*Depression*  
*Schizophrenia*
- Temporary Protection Visas



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