

CATALOGUE OF AUDIO RESOURCES



Qld Transcultural Mental Health Centre

Resource Library

This catalogue contains a list of audio resources which are available in Australia or internationally.

These items are available from the QTMHC Resource Library. Please contact the Information & Resource Officer for assistance by phoning (07) 3167 8333 or via email: QTMHC@health.qld.gov.au.

AGED

Memory Loss and Confusion.

Available in: *Italian*

Produced by: Department Of Geriatric Medicine - RPA Hospital, 1996.

Subject: Information on what dementia is, contains interviews with carers, consumers and workers in the field of dementia and Alzheimer's disease

Format: Audio tape.

QTMHC Location Code: Aud001

Going to a Nursing Home.

Available in: *Italian*

Produced by: Department Of Geriatric Medicine - RPA Hospital, 1996.

Subject: Explanation of what nursing homes are and contains interviews with current residents of nursing homes

Format: Audio tape.

QTMHC Location Code: Aud002

Caring for a person with dementia.

Available in: *Cantonese, Chinese, English, Greek, Italian, Maltese, Polish, Russian, Turkish, Vietnamese*

Produced by: Australian Multicultural Foundation, 2005.

Subject: This audio tape has been developed to assist carers of people living with dementia. It provides information using non-technical terms and explains dementia, biological changes in the brain, stages of dementia, behavioural issues and sources of help in the community.

Format: Audio Tape.

QTMHC Location Code: Aud012

Health and wellbeing of older people.

Available in: *Arabic, Cantonese, Chinese, Croatian, Dutch, English, German, Greek, Italian, Macedonian, Maltese, Polish, Russian, Serbian, Spanish, Vietnamese*

Produced by: ATMHN and Qld Transcultural Mental Health Centre, 2002.

Subject: Series of radio programs broadcast over SBS Radio in April 2000. The programs are based on issues identified by focus groups of older people from these communities and looks at the emotional and mental health needs of older people from CALD. They also provide information on health and community-based support services and programs available in Qld.

Format: Audio Tape/CD.

QTMHC Location Code: Aud033/CD011

Health and wellbeing of older people.

Available in: *Indonesian, Mandarin*

Produced by: Transcultural Mental Health Centre, 2007.

Subject: Series of radio programs broadcast over SBS Radio in April 2000. The programs are based on issues identified by focus groups of older people from these communities and looks at the emotional and mental health needs of older people from CALD.

Format: CD.

QTMHC Location Code: CD067

Homereach Radio Series.

Available in: *Bosnian, Greek*

Produced by: SBS Radio, 2006.

Subject: Homereach radio series discussing home help and personal care; meals on wheels; remaining active; home modification and maintenance; planning ahead; Aged Care Assessment Team; respite care; disability support services; Carers NSW

Format: CD.

QTMHC Location Code: CD034

ALCOHOL & DRUGS

Some things you should know about Khat.

Available in: *Somali*

Produced by: Australian Drug Foundation, 2005.

Subject: Information on Khat use

Format: CD.

QTMHC Location Code: CD020

Finding the phoenix.

Available in: *Vietnamese*

Produced by: VoiceBox, 2005.

Subject: 5 part series on the impact of drugs put together by VoiceBox, the young Vietnamese women's radio program on 3CR. The intention is to view this topic through the eyes and voices of young Vietnamese women

Format: CD.

QTMHC Location Code: CD030

ANXIETY

A practical guide about: A good night's sleep.

Available in: *Croatian, English, Greek, Indonesian, Italian, Polish, Spanish, Tagalog,*

Produced by: Transcultural Mental Health Centre, 2005.

Subject: Audio version of brochure of the same name

Format: CD.

QTMHC Location Code: CD065

A practical guide about: Problem solving and setting goals.

Available in: *Arabic, Cantonese, Greek, Mandarin, Vietnamese*

Produced by: Transcultural Mental Health Centre, 2005.

Subject: Audio version of brochures of the same name

Format: CD.

QTMHC Location Code: CD072

BIPOLAR DISORDER

Dr Ric Gordon tells you about....Bipolar Disorder (Manic Depressive Illness).

Available in: *English*

Produced by: Bodytalk, 2004.

Subject: On this tape, Dr Ric Gordon tells you in simple terms all you need to know about bipolar disorder (manic depressive illness). He explains common symptoms, different treatments currently available and gives practical information designed to help sufferers lead a happier life.

Format: Audio tape.

QTMHC Location Code: Aud007

CARERS

Carers Talk & Carer's Relaxation.

Available in: *Arabic, Croatian, English, Greek, Italian, Polish, Spanish, Tagalog, Turkish, Vietnamese*

Produced by: Carers Association, 1995.

Subject: Information for carers on relaxation methods

Format: Audio tape.

QTMHC Location Code: Aud005

CONFERENCE PROCEEDINGS

Proceedings of a Conference on Professional Education and Training in Cultural Diversity for Educators, Trainers, Managers and Practitioners in the Health, Community and Service Sectors.

Available in: *English*

Produced by: Centre for Culture Ethnicity & Health, 1995.

Subject: Conference proceedings

Format: Audio tape.

QTMHC Location Code: Aud014

Who gets services? Clinical and funding perspectives in mental health services. TheMHS Summer Forum 21-22 January 1999 - Sydney.

Available in: *English*

Produced by: TheMHS Conference, 1999.

Subject: Conference proceedings

Format: Audio Tape.

QTMHC Location Code: Aud019

Transcultural issues - TheMHS 8th Annual Conference, 7-9 September 1998.

Available in: *English*

Produced by: TheMHS Conference, 1998.

Subject: Conference proceedings

Format: Audio tape.

QTMHC Location Code: Aud020

Opening ceremony/Global perspectives leadership.

Available in: *English*

Produced by: Diversity in Health

Subject: Recording of the opening ceremony of the *Diversity in Health: sharing global perspectives Conference*

Format: Audio tape.

QTMHC Location Code: Aud030

Making a world of difference conference proceedings: Mr John Twitchin (UK).

Available in: *English*

Produced by: Centre For Culture Ethnicity & Health, N/A.

Subject: Presentation by John Twitchin

Format: Audio tape.

QTMHC Location Code: Aud031

Making a world of difference conference proceedings: Mr Gregory Trifonovitch (USA).

Available in: *English*

Produced by: Centre For Culture Ethnicity & Health, N/A.

Subject: Presentation by Mr Gregory Trifonovitch

Format: Audio tape.

QTMHC Location Code: Aud032

CONSUMERS

Mental health consumer participation project: training tapes.

Available in: *English*

Produced by: Nolan, P., 1997.

Subject: Training program – Mental health consumer participation project

Format: Audio tape.

QTMHC Location Code: Aud003

CULTURE

Fausia O Aiga la Mautu.

Available in: *English, Samoan*

Produced by: Promoting Stronger Families Project Staff, 2006.

Subject: Developed as part of the *Promoting stronger families project*. This CD intends to motivate Samoan-Australians to decrease violence in families and to seek help if needed.

Format: CD.

QTMHC Location Code: CD028

DEPRESSION

Dr Ric Gordon Talks About Depression.

Available in: *English*

Produced by: Bodytalk, N/A.

Subject: Dr Ric Gordon tells you all about depression. He explains in simple terms what is meant by depression, what the symptoms are, how they arise, and the different types of treatment available from your doctor. He also talks about the things you can do to help lift yourself out of the illness and get back to a happier life.

Format: Audio tape.

QTMHC Location Code: Aud006

Talking Health with Bosnian Women: Depression in the Context of Resettlement and Understanding and Accessing the Health System in Australia.

Available in: *Bosnian*

Produced by: Women's Health West, 2000.

Subject: Depression in the context of resettlement and understanding and accessing the health system in Australia

Format: Audio tape.

QTMHC Location Code: Aud015

Depression.

Available in: *Filipino, Tagalog*

Produced by: Hassell, C., 2004.

Subject: Radio broadcast - Community Participation in Mental Health Project

Format: CD.

QTMHC Location Code: CD019

Talking Health with Chaldean Women: Depression in the Context of Resettlement and Heart Disease.

Available in: *Arabic, Chaldean*

Produced by: Women's Health West, 2000.

Subject: Depression in the context of resettlement and heart disease

Format: Audio tape.

QTMHC Location Code: Aud016

Talking Health with Iraqi Women: Depression in the Context of Resettlement and Asthma & Allergies.

Available in: *Arabic*

Produced by: Women's Health West, 2000.

Subject: Depression in the context of resettlement and asthma & allergies

Format: Audio tape.

QTMHC Location Code: Aud017

Talking Health with Somali Women: Depression in the Context of Resettlement and Hepatitis B.

Available in: *Somali*

Produced by: Women's Health West, 2000.

Subject: Depression in the context of resettlement and Hepatitis B

Format: Audio tape.

QTMHC Location Code: Aud018

FAMILIES

Family help kit.

Available in: *Arabic, Cantonese, Croatian, English, Hindi, Greek, Italian, Korean, Macedonian, Mandarin, Serbian, Spanish, Tagalog, Tongan, Turkish, Vietnamese*

Produced by: ATMHN and Qld Transcultural Mental Health Centre, 2002.

Subject: Contains information on child and adolescent behaviour; challenging behaviours; grief and loss; fears and anxiety; post traumatic stress; depression; suicide prevention; psychosis and body image and eating disorders

Format: CD.

QTMHC Location Code: CD010

Parenting in a new culture...the preschool years. Parenting: a God given responsibility; a parenting guide for Samoan parents in Australia.

Available in: *Samoan*

Produced by: Majeed, K. and Lagos, S., 2004.

Subject: Topics include: Immigration & parenting; children's development stages & needs; self esteem & self confidence; enhancing children's social skills; developing effective communication with your child; discipline; stress management for parents; issues in positive parenting for children under the age of 5 years

Format: CD.

QTMHC Location Code: CD026

Parenting in a new culture...the preschool years. Raising Australian born Chinese children effectively.

Available in: *Chinese*

Produced by: Cheung Schmidt, C., 2004.

Subject: Topics include: Immigration & parenting; children's development stages & needs; self esteem & self confidence; enhancing children's social skills; developing effective communication with your child; discipline; stress management for parents; issues in positive parenting for children under the age of 5 years

Format: CD.

QTMHC Location Code: CD025

Parenting in a new culture...the preschool years. Raising Australian born children of Arabic background effectively.

Available in: *Arabic*

Produced by: Majeed, K. and El-Baqiry, J., 2004.

Subject: Topics include: Immigration & parenting; children's development stages & needs; self esteem & self confidence; enhancing children's social skills; developing effective communication with your child; discipline; stress management for parents; issues in positive parenting for children under the age of 5 years

Format: CD-ROM.

QTMHC Location Code: CD024

GENERAL HEALTH

The Queensland health system.

Available in: *Amharic, Arabic, Dinka, English, French, Burmese, Khmer, Samoan, Swahili*

Produced by: Qld Health, 2007.

Subject: Audio files of various health information sheets

Format: CD.

QTMHC Location Code: CD055

MENTAL HEALTH - GENERAL

Information on Mental Health Problems.

Available in: *Arabic, Cantonese, Croatian, Greek, Italian, Khmer, Macedonian, Mandarin, Polish, Spanish, Turkish, Vietnamese. English text only!*

Produced by: Action On Disability Within Ethnic Communities Inc, N/A.

Subject: This tape has been produced to provide information about mental health problems, their treatment and places to go for further information or help. The mental health problems discussed are: Schizophrenia, Depression, Post Natal Depression, Bipolar Disorder, Anxiety disorders and Post Traumatic Stress Disorder. There is also a section at the end of this tape on your rights when using mental health services.

Format: Audio tape.

QTMHC Location Code: Aud009

Let's Talk Mental Health.

Available in: *Arabic, Bosnian, Cantonese, Croatian, English, Greek, Italian, Khmer, Korean, Maltese, Serbian, Spanish, Tagalog, Turkish, Vietnamese*

Produced by: NSW Transcultural Mental Health Centre, 1997.

Subject: Contains information on the facts about mental health; dealing with stigma; and depression and mental disorders.

Format: Audio tape.

QTMHC Location Code: Aud011

Creative Arts Therapies (Part 1).

Available in: *English*

Produced by: TheMHS, 2002.

Subject: Session held at TheMHS Conference 20th - 22nd August 2002

Format: Audio tape.

QTMHC Location Code: Aud021

5 Cantonese speaking programs on mental health.

Available in: *Cantonese*

Produced by: Action on Disability within Ethnic Communities Inc, 1999.

Subject: Topics: 1. What is mental health, what is mental illness? 2. Stigma and Chinese community services. 3. Depression. 4. Psychiatric disorders. 5. What is the role of Victoria's mental health services?

Format: Audio tape.

QTMHC Location Code: Aud028

Mandarin speaking programs on mental health.

Available in: *Mandarin*

Produced by: Action on Disability within Ethnic Communities Inc, 2000.

Subject: Topics: 1. What is mental health, what is mental illness? 2. Stigma and Chinese community services. 3. Depression. 4. Psychiatric disorders. 5. What is the role of Victoria's mental health services?

Format: Audio tape.

QTMHC Location Code: Aud029

Mental health week 2007 - Positive mental health messages.

Available in: *Arabic, Chinese, Croatian, English, Filipino, French, Samoan, Spanish*

Produced by: Qld Transcultural Mental Health Centre, 2007.

Subject: Broadcast on ethnic radio stations during Mental Health Week 2007

Format: CD.

QTMHC Location Code: CD047

Series 1 - Series of mental health topics in community languages.

Available in: *Amharic, Arabic, Assyrian, Chinese, Croatian, Dari, Dinka, English, Farsi, Greek, Italian, Khmer, Korean, Krio, Macedonian, Polish, Russian, Serbian, Spanish, Swahili, Turkish, Vietnamese*

Produced by: Multicultural Mental Health Australia, 2007.

Subject: This CD contains a number of mental health topics written to help you better understand the different types of mental illnesses, how to deal with them and where to go to for help if you need to. Topics include: mental illness, schizophrenia, eating disorder, anxiety disorder, personality disorder, bipolar mood disorder, depressive disorder, suicide, supporting parents & families, challenging behaviours, mental health & coronary heart disease. Topics are also available in a pamphlet format

Format: CD.

QTMHC Location Code: CD084

OCD

Patient Advice on OCD.

Available in: *English*

Produced by: Solvay Pharmaceuticals, 1999.

Subject: Provides advice for families and friends of OCD patients and the patients themselves. Includes an interview with Dr Chris Wever - Child, Adolescent & Family Psychiatrist

Format: Audio tape.

QTMHC Location Code: Aud013

REFUGEES

Mental health services for refugees.

Available in: *English*

Produced by: TheMHS, 2002.

Subject: Session held at TheMHS Conference 20th - 22nd August 2002

Format: Audio tape.

QTMHC Location Code: Aud023

Mental Health Services for Refugees Cont...

Available in: *English*

Produced by: TheMHS, 2002.

Subject: Session held at TheMHS Conference 20th - 22nd August 2002

Format: Audio tape.

QTMHC Location Code: Aud024

Images of us: A photographic journey by women from the Eritrean, Ethiopian, Somali and Sudanese communities of Brisbane.

Available in: *English*

Produced by: Australian Red Cross, 2002.

Subject: Women are encouraged to photograph their families, friends, social events and each other as part of a 'photo journey' project to raise awareness of the issue of isolation. Through the photographic process and the discussion of the significance of resulting images the women began to collect a visual and oral personal history to be shared with each other and a wider audience

Format: CD-ROM.

QTMHC Location Code: Aud034 (FOLDER 6)

Scattered people: Normal days.

Available in: *Assorted*

Produced by: Refugee Claimants Support Centre, 2007.

Subject: Follow up to *Scattered People* CD

Format: CD.

QTMHC Location Code: CD054

Scattered people.

Available in: *Assorted*

Produced by: Refugee Claimants Support Centre, 2000.

Subject: A series of workshops during which asylum seekers identified their experiences, issues, feelings and hopes resulted in much of the content from which the songwriters drew their inspiration

Format: CD.

QTMHC Location Code: CD053

Ismae - Listen: National consultations on eliminating prejudice against Arab and Muslim Australians.

Available in: *Arabic, English*

Produced by: Human Rights and Equal Opportunity Commission, 2004.

Subject: Ismae describes what the Human Rights and Equal Opportunity Commission has been doing throughout 2003 - 'listening' to Arab and Muslim Australians and their experiences of prejudice in recent times, as well as strategies to counter anti-Arab and anti-Muslim prejudice. This audio report describes the Ismae project and shares some of the experiences and ideas that people raised throughout the project

Format: CD.

QTMHC Location Code: CD015

RIGHTS

Treat me fairly. An audio resource on your rights to fair treatment, what to do and how to help.

Available in: *Amharic, Arabic, Croatian, Dari, English, Farsi, Mandarin, Somali, Spanish, Tigrinian, Vietnamese*

Produced by: Multicultural Development Association, 2005.

Subject: This audio resource tells you about what is considered unfair treatment, what sort of things you can do about it and gives some real examples from people who have complained of unfair treatment. It also tells you why many people from culturally and linguistically diverse backgrounds do not want to make formal complaints and some things you can do to support a person who has experienced unfair treatment

Format: CD.

QTMHC Location Code: CD023

STIGMA

Stepping out of the shadows: A family's story.

Available in: *Arabic, Cantonese, Croatian, Dinka, English (script only) Farsi, Greek, Italian, Korean, Mandarin, Samoan, Serbian, Spanish, Swahili, Turkish, Vietnamese*

Produced by: Qld Transcultural Mental Health Centre, 2009.

Subject: Format: CD, 10mins.

QTMHC Location Code: CD090

SUICIDE

Keep Yourself Alive: Audio series for general practitioners.

Available in: *English*

Produced by: Keep Yourself Alive Project, 1997.

Subject: Part of the *Keeping Yourself Alive* resource package. The audio tapes are designed to promote discussion on a number of issues related to suicidal behaviours in young people.

Format: Audio tape: Sessions 1 - 4.

QTMHC Location Code: Aud010 (FOLDER 15)

Keep Yourself Alive: Audio series for general practitioners.

Available in: *English*

Produced by: Keep Yourself Alive Project, 1997.

Subject: Part of the Keeping Yourself Alive resource package. The audio tapes are designed to promote discussion on a number of issues related to suicidal behaviours in young people.

Format: Audio Tape: Sessions 9-12.

QTMHC Location Code: Aud027 (FOLDER 15)

YOUTH

Children between cultures.

Available in: *Filipino, Tagalog*

Produced by: Hassell, C., 2004.

Subject: Radio broadcast - Community Participation in Mental Health Project

Format: CD.

QTMHC Location Code: CD013

Koping kidz kall out.

Available in: *English*

Produced by: KOPING KIDS, 2004.

Subject: The KOPING Adolescent Group Program is a peer support program aimed at supporting young people aged 12 to 18 years who have a parent with a mental health problem. This CD was developed by graduates of the peer support groups. The seven young people involved in this project wanted to write these songs and share their experiences so that they could help other young people who might be in similar situations

Format: CD.

QTMHC Location Code: CD048

Health & well being of children.

Available in: *Arabic, Cantonese, Dinka, English, Farsi, Filipino, Greek, Hindi, Khmer, Korean, Mandarin, Samoan, Spanish, Turkish, Vietnamese*

Produced by: Transcultural Mental Health Centre and Children's Hospital at Westmead, 2008.

Subject: Program 1: Anxiety in children. Program 2: Disruptive disorders in children. 3: Depression in children. 4: Anorexia Nervosa in children

Format: CD.

QTMHC Location Code: CD068