



# Centre for Migrant and Refugee Health

*We embrace your health*

## The Impact of Coronavirus Disease (COVID-19) on the Mental Health of Africans: South Sudanese in Victoria, Australia

Sunday Dec 27<sup>th</sup>, 2020, at 3pm-6:30pm  
Online CMRH ZOOM

The Centre for Migrant and Refugee Health (CMRH) works with migrant and the culturally linguistically diverse (CALD) communities to address; the social determinants of mental health, access to mental healthcare-specific services, mental health promotion, and health information sharing.

CMRH believes everyone deserves a chance and a right to live meaningful lives, thus mental health state and wellbeing.

### The session will discuss:

1. Community current understanding of the VICTORIA GOVERNMENT lifting COVID-19 restrictions.
2. Community experience during 1<sup>st</sup> and 2<sup>nd</sup> wave of COVID-19 , the prevalence of mental health and possible earlier interventions.
3. Mental Health coping strategies to improving your mental health or supporting someone in the family or the community.



*By Kristian Silva, ABC*

### For more information, please contact:

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### Moderators

Ms. Flora Chol, CMRH  
Ms. Ajak Naam, CMRH

### Panelists

Mr. Mabor Chadhuol, CMRH, SSSPA & SMCV

Dr. William Abur, CMRH

Mrs. Monica Majak  
President, Sudanese Mothers Coalition in Victoria (SMCV)

Mr. Richard Deng, CMRH

Dr. Ayak Mawien, CMRH

Mrs. Cholhok Naam, CMRH

Mr. Lem Baguot, CMRH  
The NILE Science Outreach

Mr. James Lombe  
Wyndham Vale City Council



Premier  
and Cabinet

