



OUR HISTORY

We are a growing community-based health and mental health agency implementing 10-years of experience working with carers, vulnerable parents, families and young people from migrant, refugee, and asylum seeker backgrounds with prolonged post-traumatic stress disorders (PTSD).

CMRH supports carers, families, parents, young people, and individuals to recover from mental illness, including anxiety, depression, and other mental health issues.

Our services delivery can avert hospital admissions or readmissions to those with a history of ongoing psychiatric issues or manifested mental illness risks.

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YOU CAN SUPPORT US IN
DELIVERING TANGIBLE AND
MEASURABLE MENTAL
HEALTH RESULTS TO
IMPROVE INDIVIDUAL'S
QUALITY OF LIFE
OUTCOMES.

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CMRH

We implement our work through the following strategies:

- Public Health & Mental Health Literacy
- Campaign Awareness
- Capacity Building
- Practical & Clinical Solutions
- General Referrals
- Research, Policy Support & Advocacy

OUR SERVICES

- Mental Healthcare
- Public Health & Mental Health Literacy
- Safety & Resilience
- Family & Youth Justice
- Social Justice Awards
- Emerging Infectious Diseases
- Sports, Recreation & Physical Health
- Research, Policy and Advocacy
- Our Seniors, Our future

"We aim to offer our services through a friendly and healthy environment to facilitate equitable participation in culturally safe care, appropriate and specific mental healthcare and support services for individuals already at risk or yet at risk from mental illness".



CENTRE FOR MIGRANT AND REFUGEE HEALTH

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**Centre for Migrant
and Refugee Health**

We embrace your health

CMRH

**An agency for mental
health solutions!**

Frameworks:

- Human rights focus
- Culturally centred
- Coordinated with care
- Safe care

**We demonstrate our work with
values of:**

- Respect
- Integrity
- Equitable access
- Excellence and Safety