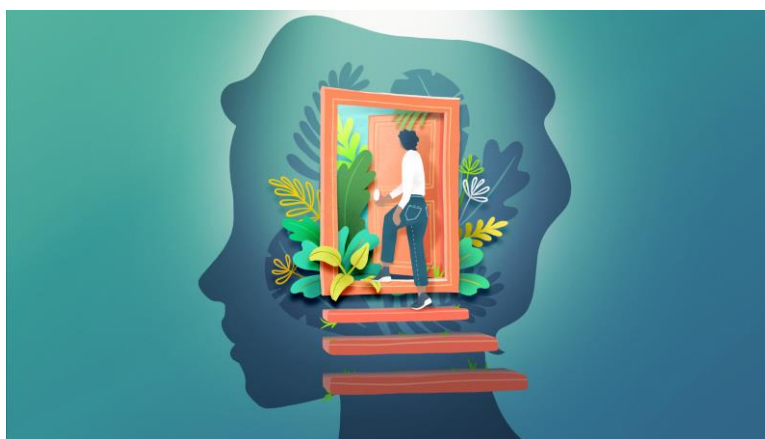


## SBS launches *Mind Your Health*, a new multilingual portal aimed at improving health and wellbeing for multicultural and First Nations Australians

**10/10/22 - World Mental Health Day:** An estimated two in five Australians aged 16 to 85 will experience a mental health condition during their lifetime<sup>1</sup> - a widespread issue still considered taboo in many communities<sup>2</sup>. In response, SBS has launched its *Mind Your Health* online content portal featuring articles, podcasts and videos in multiple languages, aimed at sharing the rich diversity of cultural knowledge and experiences across communities and showing pathways to support improving the mental and physical wellbeing of all Australians.

This follows the success of SBS's multilingual [Coronavirus portal](#) launched in March 2020, which has received 11 million unique Australian visits accessing trusted in language information throughout the pandemic, from updates on changing restrictions to the vaccine rollout.



### ***A diverse perspective on health and wellbeing – [SBS.com.au/MindYourHealth](https://www.sbs.com.au/MindYourHealth)***

*Mind Your Health* targets culturally diverse and Aboriginal and Torres Strait Islander audiences, with key focus on 10 languages – Arabic, Cantonese, English, Filipino, Hindi, Korean, Mandarin, Punjabi, Spanish, and Vietnamese – plus bespoke content for specific communities. *Mind Your Health* also partners with industry bodies, such as [Embrace Multicultural Mental Health](#) on an in-language tool to help users assess their health and wellbeing.

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<sup>1</sup> <https://www.abs.gov.au/statistics/health/mental-health>

<sup>2</sup> For example, <https://www.sbs.com.au/news/article/lehans-mental-health-suffered-during-covid-19-lockdown-its-a-struggle-many-young-people-shared/uqci8puiv>;



**SBS Director of Audio and Language Content, David Hua, said:** "There's such a diversity of traditions, experience and knowledge about health and wellbeing amongst Australia's multicultural and First Nations communities. SBS's *Mind Your Health* portal aims to share these stories in our audience's preferred languages to show what's needed and what works to benefit the health and wellbeing of all Australians. This includes combating prejudice and stigma, as well as improving the visibility of pathways to support and assistance."



The portal will be updated regularly and serve as a hub for in language health and wellbeing content from across SBS and National Indigenous Television (NITV). It features SBS's award-winning "Great Minds" meditation and mindfulness podcast, which shares practices such as Filipino Hilot, Japanese forest bathing, Hawaiian Ho'oponopono and is now available in Arabic, Cantonese, Hindi, Mandarin and Punjabi; a video on the "early signs of mental illness"; and information on Australia's mental health services in language.

**ENDS**

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