



“I don’t know the term *Health & Social Care research*. I have not heard of it. What does it mean?”

“I don’t have any experience participating in Health & Social Care research, but I would be keen to take part if there were no language barriers during the process. For example, research conducted in my language.”



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Barriers



Language

Culture

Knowledge.

Trauma

Information

Trust

“Trust in the person they were communicating with, along with a sense of belonging to the same group or community, was crucial in making them feel comfortable enough to share.”

“Before getting involved in this project, I thought Mental Health Research was a big thing, at a very high level, but this project has helped to show me that it is quite easy to get involved”

“it showed our voices and ideas are valued”

“I would participate again because I am a patient, and it is important to share my views”



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Key Learning

Design culturally sensitive, activity-based engagement opportunities

Work through trusted organisations, networks and individuals

Provide comprehensive language support for participant information, enrolment, engagement support, reporting etc

我們的回憶 茶餐廳/冰室

童年時爸爸總會拖着我的小手去樓下的茶餐廳飲下午茶，下午茶的茶餐廳必定是我們首選的食物讓我十分懷念與爸爸相處的時光

菠蘿包
菠蘿包
媽每天都
們做早餐

資訊

心理健康的五個方面

- 與人聯繫
- 多做運動
- 有洞察力
- 學習新技能
- 樂於奉獻

過日常生活的小習慣來維持及改善身心健康

過參考有關精神健康的資料，我們可以提升對心理健康的關注，同時當需要時，應該如何尋求適當的協助。

緊急威脅生命，撥打999或立即前往急症室

有自殘/自殺念頭/高風險，撥打0300 304 0078 (MHRRS)或短訊852

想找人傾訴/不確定，撥打116 123 (Samaritans)或111 (Mental Health)

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安插免費社區傳譯服務 請打電話 01273 702000
並用英語或廣東話留下資料
sussexinterpreting.org.uk/cantonese

الصواني
اللغة
ترجمة أحاديها الميراثي
انتظار / المراد
تصميم العلامه
عدم توفر المعلومات
التواصل مع
Photo

لا اهتمام بالنفس
رياضة
وقت للقيام بما تستمتع به
فأ
سنا

ليالي بئسك
للمقارير
...

القنوج سلاطه
المقادير
...

التعريف على
للمساعدة
أنواع الأنتهله
استراتيجية التعامل مع الاوقات الصعبة
طوبى التوافق مع المجتمع
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