

Women's Mentoring Foundation

Identifying and Removing Barriers for Culturally and Linguistically Diverse (CALD) Women Accessing Mental Health

Internship available for Semester 2, 2023

Women's Mentoring Foundation (WMF) provides benevolent relief to women from all diverse cultures, suffering from distress and/or poverty, and helps women heal from hurt, distress, grief, and trauma. The foundation is designed for building women's identity through increasing their confidence, focus, better mental, emotional, physical, and social wellbeing, and the prevention of suicide.

WMF welcomes women and youth from Culturally and Linguistically Diverse communities to their new beginning, to the start of their transformation from hurting to healing (following any trauma to live improved quality lives); something which they can only do once the recovery process starts at a deeper inner level.

We provide the counselling, mentoring, coaching, tools, and resources needed to help women regain their confidence, develop better coping mechanisms, and create a positive impact on their life for them to become strong leaders. We welcome interest and support from the community to work in collaboration.

Project: Identifying and Removing Barriers for Culturally and Linguistically Diverse (CALD) Women Accessing Mental Health

| Internship details | |
|-------------------------------------|---|
| Internship Availability | Semester 2, 2023 |
| Internship Discipline/s | <ul style="list-style-type: none">• Health Science• Public Health• Psychology |
| Internship Level | Postgraduate Coursework |
| Available to International Students | Yes |
| Preferred Project Skills: | <ul style="list-style-type: none">• People skills• Commitment to detail• Willingness to learn and grow• High performer• Good communication and written skills |
| Clearances Required | Blue Card; WMF can provide it |
| Host Supervisor | Pushpa Vaghela CEO pushpa@womensmentoringfoundation.com , +61 497 998 829 |

| | |
|---|---|
| Location | Online, Virtual, Face to Face in Brisbane Unit 10, 12 Virgil St Mount Gravatt QLD, 4122 |
| Project Opportunities/Benefits for the Intern | <ul style="list-style-type: none"> • Personal and professional mentoring • Attend workshops and events • Career development coaching • Create tangible evidence of work produced during the internship • If there was a need for the student to travel up to Queensland, WMF would support the student with their travel expenses. |

Summary:

Based on possible interviews, focus groups, service mapping and literature review, it is proposed the project would identify locally appropriate solutions to removing barriers to access.

Given the current shortage within the mental health workforce, the project will place an emphasis on identifying innovative solutions to removing barriers. This could potentially include: transport support, chaperoning services, community based education campaigns designed to reduce stigma and raise awareness of mental health issues and available support, establish peer support groups and establish 'pop-up' mental health shopfronts along the lines of the Embarrassing Bodies television show, with appropriate referral services.