



**Greater Glasgow NHS Board
Health Promotion Department
Search for Black and Ethnic Minority Health Information
Resources
A Directory**

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Introduction

This directory may be used as a standalone product but it is better used in conjunction with the main report. The main report explicitly explains the background to the project, breadth and scope of the project and the findings of the project.

The timetable for the project was dictated by financial and time constraints, and as such each topic was given a one-week research slot. To ensure that the project remained on schedule the research was strictly limited to that allocated time slot. It should be noted therefore that sources used and resources collected were not rechecked at a later date for changes, updates and for new material. The report is a snapshot in time and the author notes that details were correct at time of research being carried out.

Using the main report as an aid will put the directory in context for the user and will answer questions in the following areas

- timeline for the project
- date research was carried out in each health topic
- health topic coverage and scope
- sources researched for each health topic
- missing languages for each health topic
- missing health topic coverage

All the material located in this directory is fully summarised as follows

- Title (as appears on publication)
- Description of material
- Format
- Language availability
- Cost
- Published date
- Contact details

It should be noted that where an English translation is available for a resource this has been included in the language availability.

It should also be noted that where a website address is available this has been given in preference to the full postal details.

Accident and Injury Prevention

A Guide for Parents on the Safe Use of Antibiotics.

Description This guide presents information on the safe use of antibiotics by parents.

Format Guide

Language Chinese, Punjabi, Turkish

Cost Free to download

Published 2002

Contact Health Scotland
<http://www.hebs.com/to pics/index.htm>

First Aid

Description This video presents information on first aid and life saving treatments.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Is your child safe?

Description This video presents information on prevention of accidents.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Make a move. Fall prevention and the environment.

Description This booklet presents tips on falls prevention and taking medications safely, vision problems, house and garden hazards, chronic illness,

exercising, smoking, alcohol, footwear and walking.

Format Booklet

Language Arabic, Chinese, English

Cost Free to download

Published 2003

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Reduce the risk of cot death.

Description This guide presents information on reducing the risk of cot death; placing your baby on their back to sleep, cut out smoking during pregnancy, don't allow smoke in the same room as your baby, keeping your baby at a comfortable temperature and sleeping in the feet to foot position.

Format Guide

Language Chinese, English, Punjabi, Somali, Turkish, Urdu

Cost Free

Published 2000

Contact The Foundation for the Study of Infant Deaths
14 Halkin Street
London
SW1X 7DP
020 7235 0965
or
DOH
<http://www.doh.gov.uk/cotdeath/>

Safetywise

Description	This video presents information on safety in the home and on the road for the elderly.
Format	Video
Language	English, Punjabi and Urdu
Cost	£37.25
Published	Unknown
Contact	N Films Ltd http://www.nfilmsltd.co.uk

Taking positive steps to avoid trips and falls.

Description	This leaflet presents information on reducing the risk of trips and falls.
Format	Leaflet
Language	Arabic, Chinese, Punjabi, Turkish, Urdu
Cost	Unknown
Published	Unknown
Contact	Health Scotland http://www.hebs.com/to pics/index.htm

Alcohol

Alcohol and drugs problems happen in all kinds of families.

Description This leaflet presents information on using outside agencies to help with addiction problems in families.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Alcoholism in the Asian Community

Description This video presents information on the long terms effects of alcohol.

Format Video

Language English and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Drinking alcohol : how much is healthy.

Description This leaflet presents information on the risks of drinking on a regular basis, what a standard drink unit is and the long-term effects of alcohol on the body.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia

mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Is your drinking safe?

Description This leaflet presents information on “low risk” drinking, what is a standard drink, binge drinking and health problems associated with excessive drinking.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Know the facts.

Description This leaflet presents information on knowing the facts about alcohol.

Format Leaflet

Language Chinese, Punjabi, Urdu

Cost Free

Published Unknown

Contact GGNHSB
PERL
Dalian House
350 St Vincent Street
Glasgow
G3 8YY
0141 201 4444

Cancer

Cancer General

Chemotherapy

Description This booklet presents information on chemotherapy.

Format Booklet

Language Chinese, English, Punjabi

Cost Free

Published Unknown

Contact The Christie Hospital NHS Trust
Patient Information Service
<http://www.christie.nhs.uk>

Chemotherapy. A guide for patients and families.

Description This booklet presents information on chemotherapy for patients and families.

Format Booklet and cassette

Language Cantonese, English, Punjabi, Urdu

Cost Free

Published Unknown

Contact The Christie Hospital NHS Trust
Patient Information Service
<http://www.christie.nhs.uk>

How food can help prevent cancer.

Description This leaflet presents information on the way in which food and drink may prevent cancer.

Format Leaflet

Language Arabic, Chinese, English, Turkish.

Cost Free to download

Published 1995

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Reduce your cancer risk.

Description This leaflet presents information on reducing your risk of getting cancer.

Format Leaflet

Language English, Punjabi, Urdu

Cost Free

Published 2003

Contact Cancer Resource Centre and Cancer Equality Asian Cancer Information and Outreach Project
<http://www.cancer-resource-centre.org.uk>

The Myths about Cancer.

Description This leaflet presents information on some of the myths surrounding cancer such as cancer is always fatal, cancer is catching, cancer can be caused by injury, cancer is punishment and special diets can cure cancer.

Format Leaflet

Language Arabic, Chinese, English, Turkish.

Cost Free to download.

Published 1997

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Understanding and living with cancer.

Description	This booklet presents information on causes, treatments and living with cancer.
Format	Booklet
Language	English, Punjabi, Urdu
Cost	Free
Published	2003
Contact	Cancer Resource Centre and Cancer Equality Asian Cancer Information and Outreach Project http://www.cancer-resource-centre.org.uk

Bowel Cancer

Beating Bowel Cancer.

Description	This leaflet presents information on bowel cancer, the incidence of bowel cancer, what causes bowel cancer and advice on a healthy lifestyle for reducing your risks of getting bowel cancer.
Format	Leaflet.
Language	Arabic, Chinese, English and Turkish.
Cost	Free to download.
Published	1996
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Breast Cancer

Breast Awareness.

Description	This leaflet presents information on being
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aware of changes to your breasts and what to do if you notice a change in your breasts.

Format	Leaflet
Language	Arabic, Chinese, English, Farsi, Somali
Cost	Free
Published	1997
Contact	London Breast Screening Services 020 7601 8074

Breast Cancer.

Description	This poster provides information and support for breast cancer sufferers.
Format	Poster
Language	Urdu
Cost	Free
Published	Unknown
Contact	Breast Cancer Care http://www.breastcancer.org.uk/Home

Breast screening –the facts.

Description	This leaflet presents information on what breast screening is, why it is necessary and what happens during testing.
Format	Leaflet to order and electronic download.
Language	Arabic, English, Cantonese, Punjabi, Urdu, Farsi, French, Somali, Turkish
Cost	Free to download and order.
Published	2003
Contact	London: Department of Health. Available from Department of Health, PO Box 777, London SE1 6LH NHS Direct http://www.cancerscreening.nhs.uk/breastcree

n/publications/ia-02.html

Diagnosing and treating breast cancer.

Description A booklet and audiocassette that presents information on breast cancer. This includes finding a lump, making a diagnosis, breast screening, getting results, treatment options and complementary therapies.

Format Booklet and audiocassette.

Language Urdu and English

Cost Free

Published Unknown

Contact Breast Cancer Care
<http://www.breastcancer.org.uk/Home>

Healthy breasts : the questions women ask.

Description This leaflet presents information on the changes to a women's breast, what causes breast cancer and what can increase your risk of breast cancer.

Format Leaflet

Language English, Arabic, Chinese and Turkish.

Cost Free to download.

Published 1998

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Good health for your breasts.

Description This leaflet presents information on regular

examination on the breast, changes in the breast and reducing the risks of breast cancer.

Format Leaflet.

Language Arabic, Chinese, English, Turkish.

Cost Free to download.

Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Mrs Khan goes for breast screening.

Description This video presents information on breast screening procedure.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Cervical Cancer

About screening for the cancer of the cervix (pap smear).

Description This leaflet presents information on screening for cancer of the cervix.

Format Leaflet

Language Chinese

Cost Free to download

Published 2001

Contact BC Cancer Agency Canada
<http://www.bccancer.bc.ca>

Cervical Screening

Description This booklet presents information on cervical screening.

Format Booklet

Language Arabic

Cost Free

Published 2001

Contact Health Resource Centre
Iraqi Community
Association
Palingswick House
241 King Street
London
020 874 15491

Cervical screening –the facts.

Description This leaflet presents information on what cervical screening is, why it is necessary and what happens during testing.

Format Leaflet

Language Arabic, English, Cantonese, Punjabi, Urdu, Farsi, French, Somali, Turkish

Cost Free to download and order.

Published 2003

Contact London: Department of Health. Available from Department of Health, PO Box 777, London SE1 6LH
NHS Direct
<http://www.cancerscreening.nhs.uk/cervical/index.html>

Mrs Malik goes for a smear test.

Description This video presents information of the cervical smear test and its importance.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Regular smear tests can save your life.

Description This leaflet presents information on what a smear test is, what age groups are offered smear tests, who will carry out your smear test and when you will get your result.

Format Leaflet

Language Arabic, Chinese, English

Cost Free

Published Unknown

Contact Manchester North, central and South Primary Care Trusts
Manchester Health Promotion Specialist Service, Victoria Mill, Lower Vickers Street
Miles Platting
Manchester M40 7LJ
0161 203 4101

The women's cancer that can be easily cured.

Description This leaflet presents information on what a pap test is, who will carry out the procedure, getting abnormal results.

Format Leaflet

Language Arabic, Chinese, English and Turkish.

Cost Free to download.

Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

Which women need a pap test?

Description This leaflet presents information on what a pap test is, why the Pap test is important, the causes of cervical cancer.

Format Leaflet

Language Arabic, Chinese, English, Turkish.

Cost Free to download.

Published 1998

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Oral Cancer

Oral Cancer.

Description This leaflet describes what is oral cancer, who is at risk from oral cancer and what are the signs of oral cancer.

Format Leaflet

Language English, Punjabi, Urdu

Cost Free to download

Published Unknown

Contact MyPil.com
<http://mypil.com>

Prostate Cancer

Prostate Cancer.

Description This leaflet presents information on prostate cancer.

Format Leaflet

Language Chinese

Cost Free to download.

Published 2001

Contact Canadian Cancer Society
<http://www.cancer.ca/>

Prostate cancer : what are the treatment options.

Description This leaflet presents information on what is prostate cancer and treatments for prostate cancer.

Format Leaflet

Language Arabic, Chinese, English, Farsi, Turkish.

Cost Free to download.

Published 2002

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Prostate and testicular cancer audio tape.

Description This audio-tape presents information on prostate and testicular cancer.

Format Audio-tape

Language Punjabi, Urdu

Cost Free

Published Unknown

Contact GGNHSB
PERL
Dalian House
350 St Vincent Street
Glasgow
G3 8YY
0141 201 4444

The Prostate Gland Owner's Manual

Description This leaflet presents information on what the prostate gland is, what it does and when things go wrong.

Format Leaflet

Language Arabic, English,
Chinese, Punjabi, Urdu
Cost Free to download
Published 2001
Contact The Prostate Cancer
Charity
<http://www.prostate-cancer.org.uk>

What you should know about prostate cancer.

Description This leaflet presents information on prostate cancer.
Format Leaflet
Language Chinese and French
Cost Free to download
Published 2003
Contact Canadian Cancer Society
<http://www.cancer.ca>

Skin Cancer

How to enjoy the outdoors without damaging your skin.

Description This leaflet presents information on the incidence of skin cancer in Australia, the most harmful time of the year, the person most at risk from skin cancer, encouraging teenagers to protect their skin and advice on protecting children and babies.
Format Leaflet
Language Arabic, Chinese, English, Turkish.
Cost Free to download.
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Testicular Cancer

Testicular Cancer. What you need to know.

Description This leaflet presents information on testicular cancer.
Format Leaflet
Language Punjabi
Cost Free to download
Published 2001
Contact Canadian cancer Society
<http://www.cancer.ca>

Testicular cancer and how to do TSE (a self exam).

Description This leaflet presents information on testicular cancer and how men can carry out self-examination for signs of testicular cancer.
Format Leaflet
Language Chinese
Cost Free to download
Published Unknown
Contact Canadian Cancer Society
<http://www.cancer.ca>

Child Health and Parenting

A Guide for Parents on the Safe Use of Antibiotics

Description This guide presents information on the safe use of antibiotics by parents.

Format Guide

Language Chinese, Punjabi, Turkish

Cost Free to download

Published 2002

Contact Health Scotland
<http://www.hebs.com/to/pics/index.htm>

A Parents Guide to Newborn Screening for Phenylketonuria, Congenital Hypothyroidism and Cystic Fibrosis.

Description This guide presents information in newborn screening for Phenylketonuria, Congenital Hypothyroidism and Cystic Fibrosis.

Format Guide

Language Chinese, Punjabi, Turkish, Urdu

Cost Free to download

Published Unknown

Contact Health Scotland
<http://www.hebs.com/to/pics/index.htm>

A Parents Guide to the screening test for spina bifida and Down's syndrome.

Description This guide presents information on the screening test for spina bifida and downs syndrome for parents.

Format Guide

Language Chinese, Turkish, Urdu

Cost Free to download

Published Unknown

Contact Health Scotland

<http://www.hebs.com/to/pics/index.htm>

Anxiety in Children.

Description This leaflet presents information on what parents should know about anxiety in children, what signs parents should look for and how parents can help their children work through there problems.

Format Leaflet

Language English, Farsi, French

Cost Free to download

Published 2001

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Bedwetting in children.

Description This leaflet presents information on what causes bedwetting and tips for parents for solving the problem.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 2000

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Breastfeeding: complementary and supplementary feeds.

Description This leaflet presents information on complementary and

supplementary feeds for breastfeeding.

Format Leaflet

Language Arabic, Chinese, Somali, Turkish

Cost Free to download

Published 2002

Contact Royal Women's Hospital
Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Breast Feeding or Bottle Feeding – which is best for babies?

Description This leaflet presents information on breast-feeding and bottle-feeding your baby.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1997

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Breastfeeding world of benefits.

Description This poster presents information on breastfeeding benefits.

Format Poster

Language Urdu

Cost Unknown

Published Unknown

Contact GGNHSB

Building Blocks for Health. Eating well for 2-5 year olds.

Description This booklet presents information on a balanced diet for 2-5 year olds from all the food groups. Also included is information on drinking, hidden sugar and salt, having breakfast, getting enough iron and fussy eaters.

Format Booklet

Language English, Punjabi, Somali, Turkish, Urdu

Cost Unknown

Published Unknown

Contact Health Information East London
<http://www.thpct.nhs.uk/hiel/>

Depression in Children.

Description This leaflet presents information on what parents should be aware of as signs of depression in children.

Format Leaflet

Language Arabic, Chinese, English, Farsi, Turkish

Cost Free to download

Published 2002

Contact Transcultural Mental Health Centre
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Depression during pregnancy and early parenthood.

Description This leaflet presents information on signs and symptoms of depression, causes of depression, treatment options and coping strategies.

Format leaflet

Language Arabic, Chinese, English, Farsi, Punjabi, Turkish

Cost Free to download

Published 2003

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Feeding your baby.

Description This leaflet presents information on healthy feeding for your baby.

Format Leaflet

Language Chinese, Punjabi, Turkish, Urdu

Cost Free to download

Published 2002

Contact Food Standards Agency
foodstandards@ecologist.ics.co.uk

Feeding your growing child.

Description This leaflet presents information on feeding your child.

Format Leaflet

Language Chinese, Punjabi, Turkish, Urdu

Cost Free to download

Published 2002

Contact Food Standards Agency
foodstandards@ecologist.ics.co.uk

Happy playtime makes happy children.

Description This booklet presents tips on playing with your children.

Format Booklet

Language Arabic, English

Cost Free to download

Published 2002

Contact Fairfield Health Service
 Available via

NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Helping children maintain a health weight.

Description This leaflet presents information on what are the main causes of weight gain, encouraging children to eat healthy foods and having an active family lifestyle.

Format Leaflet

Language Arabic, Chinese, English, Farsi, Turkish

Cost Free to download

Published 2000

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Helping children with concentration problems.

Description This leaflet presents information on Attention Deficit Disorder (ADD).

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1998

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

HIB : A Parents Guide

Description	This leaflet presents information on HIB vaccination.
Format	Leaflet
Language	Arabic, Chinese, Farsi, Turkish
Cost	Free to download
Published	Unknown
Contact	Health Scotland http://www.hebs.com/to/pics/index.htm

How to take a child's temperature.

Description	This leaflet presents information on taking a child's temperature.
Format	Leaflet
Language	Chinese, English, Punjabi
Cost	Free to download
Published	Unknown
Contact	The Richmond Hospital Canada http://www.richmondhealth.ca/bins/index.asp

Information on head lice.

Description	This leaflet presents information on head lice.
Format	Leaflet
Language	Chinese, Punjabi, Urdu
Cost	Unknown
Published	Unknown
Contact	GGNHSB PERL Dalian House 350 St Vincent Street Glasgow G3 8YY 0141 201 4444

Meningitis and Septicaemia.

Description	This leaflet presents information on meningitis and septicaemia.
Format	Leaflet

Language	Albanian, Arabic, Chinese, English, Punjabi, Somali, Urdu,
Cost	Free to download
Published	Unknown
Contact	Meningitis Research Foundation http://www.meningitis.org/

Milk and toddlers.

Description	This leaflet presents tips on weaning babies from milk.
Format	Leaflet
Language	Arabic, Chinese, English
Cost	Free to download
Published	2003
Contact	National Child Nutrition Programme Australia Available via Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

MMR : your questions answered.

Description	This leaflet presents information on the MMR vaccine.
Format	Leaflet
Language	Arabic, Chinese, Farsi, Turkish
Cost	Free to download
Published	Unknown
Contact	Health Scotland http://www.hebs.com/to/pics/index.htm

Play for Asian parents and children.

Description	This video presents information on the importance of play for young children.
Format	Video

Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Play is a serious business.

Description This video presents information on play.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Reduce the risk of cot death.

Description This guide presents information on reducing the risk of cot death.
Format Guide
Language Chinese, English, Punjabi, Somali, Turkish, Urdu
Cost Free
Published 2000
Contact The Foundation for the Study of Infant Deaths
14 Halkin Street
London
SW1X 7DP
020 7235 0965
or
DOH
<http://www.doh.gov.uk/cotdeath/>

Reduce the risk of cot death.

Description This leaflet presents information on reducing the risk of cot death.
Format Leaflet
Language Arabic, Chinese, Punjabi, Urdu
Cost Unknown
Published Unknown

Contact Scottish Executive
<http://www.scotland.gov.uk/topics/?pageid=1>

Sad feelings after childbirth – a hidden problem.

Description This leaflet presents information on the symptoms of postnatal depression, the causes of postnatal depression and tips on lowering your risk of getting postnatal depression.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au

Starting Solids.

Description This leaflet presents information on introducing food to babies.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 2002
Contact Central Sydney Area Health Service
Available via Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Successful breastfeeding.

Description This leaflet presents information on

breastfeeding your baby, getting started, frequency of feeds, breast problems and getting help.

Format Leaflet
 Language Chinese, English
 Cost Free to download
 Published Unknown
 Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Teenage moods – what’s normal and what’s not?

Description This leaflet presents information what is a normal mood swing for a teenager.

Format Leaflet
 Language Arabic
 Cost Free to download
 Published 1998
 Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Talking to teenagers and establishing rules.

Description This leaflet presents tips on making teenagers behave and establishing rules.

Format Leaflet

Language Arabic, Chinese, English, Turkish
 Cost Free to download
 Published 1999
 Contact Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

What is Asperger Syndrome?

Description This leaflet presents information on Asperger Syndrome.

Format Leaflet
 Language Arabic, Farsi
 Cost Free to download
 Published Unknown
 Contact The National Autistic
<http://www.nas.org.uk/>

What is croup?

Description This leaflet presents information on what is croup and treating a child with croup.

Format Leaflet
 Language Chinese, English, Punjabi
 Cost Free to download
 Published Unknown
 Contact The Richmond Hospital British Columbia Canada
<http://www.richmondhealth.ca/bins/index.asp>

Drugs

Cannabis

How harmful is cannabis?

Description	This leaflet presents information on why do teenagers use cannabis, what does cannabis look like, how harmful can cannabis be, and telling teenagers the real facts about cannabis.
Format	Leaflet
Language	Arabic, Chinese, English, Turkish
Cost	Free to download
Published	1999
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Ecstasy

Ecstasy – understanding the risks.

Description	This leaflet presents information on what is ecstasy, how is it used, what are its affects on the body, how it can be dangerous for the body, its addictive qualities, long term effects of ecstasy use and can you tell if a person is using ecstasy.
Format	Leaflet
Language	Arabic, Chinese, English, Turkish
Cost	Free to download
Published	2000
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

General Drug Habits

Drug information for parents.

Description	This leaflet presents drug information for parents.
Format	Leaflet
Language	Arabic, Chinese, Farsi, Kurdish, Turkish
Cost	Free to download
Published	1999
Contact	State Government of Victoria http://www.health.vic.gov.au/

Drug education – information for parents and caregivers.

Description	This leaflet presents information on the meaning of the term drug, current approaches to drug education, drugs and schools and parents and drug education.
Format	Leaflet
Language	Arabic
Cost	Free to download
Published	Unknown
Contact	New South Wales Department of Education and Training Available via NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Khat

Description This postcard presents information on khat.
Format Postcard
Language Kurdish, Somali
Cost £0.30
Published Unknown
Contact HIT
<http://www.hit.org.uk>

The South Asian Community and Drugs.

Description This booklet covers drug myths, signs of drug use, the money cost of drugs, why do people try drugs, a mothers story, individual drug facts, the law and drugs, advice for parents and knowing where to get help.
Format Booklet
Language English/Urdu
Cost Free
Published Unknown
Contact Lifeline Publications
<http://www.lifeline.org.uk>
publications@lifeline.org.uk

What should you do if you think your child is using illegal drugs?

Description This leaflet presents information on what parents should do if they suspect their child is using drugs.
Format Leaflet
Language Arabic, Chinese, Turkish
Cost Free to download
Published 1997
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

Your body matters.

Description This audio presents information on drug use and your body.
Format Audio tape
Language Chinese, Punjabi, Urdu
Cost Free
Published Unknown
Contact GGNHSB
PERL
Dalian House
350 St Vincent Street
Glasgow
G3 8YY
0141 201 4444

Heroin

What's the best treatment for heroin addiction?

Description This leaflet presents information on the different treatments available for withdrawing from heroin use.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Young people and heroin.

Description This leaflet presents information on heroin use and young people.
Format Leaflet
Language Arabic, Chinese, Turkish
Cost Free to download

Published 1997
Contact NSW Multicultural
Health Communication
Service Australia
[mhcs@doh.health.nsw.
gov.au](mailto:mhcs@doh.health.nsw.gov.au)
[http://mhcs.health.nsw.
gov.au](http://mhcs.health.nsw.gov.au)

Heart Disease, Stroke and Diabetes

Diabetes

A guide for Chinese people.

Description This booklet presents information on diabetes; causes, treatments and problems.

Format Booklet

Language Chinese and English

Cost Free

Published Diabetes UK

Contact Diabetes UK
<http://www.diabetes.org.uk>

Diabetes: A guide for South Asian people.

Description This booklet presents information on diabetes and South Asian people.

Format Booklet

Language Urdu and Punjabi

Cost Free

Published 2002

Contact Diabetes UK
<http://www.diabetes.org.uk>

Heart

Cardiac rehabilitation.

Description This video presents information for heart disease patients and families and covers patients recovery and long term management of heart disease.

Format Video

Language English, Urdu

Cost Donation

Published 2003

Contact British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

Cardiac surgery.

Description This video presents information on coronary artery by-pass surgery.

Format Video

Language English, Punjabi, Urdu

Cost Donation

Published 2003

Contact British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

Get fit, keep fit prevent heart disease.

Description This video presents information on the importance of physical fitness especially for the prevention of heart disease.

Format Video

Language English, Punjabi, Urdu

Cost Donation

Published 2003

Contact British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

Heartstart UK

Description This poster presents information on emergency first aid for a heart attack victim.

Format Poster

Language Arabic, Chinese, Punjabi, Somali, Turkish, Urdu

Cost £0.50

Published Unknown

Contact British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

Living to prevent heart disease.

Description This video presents information on making small changes in diet, stopping smoking and physical activity can have an important role in preventing heart disease.

Format Video
Language English, Punjabi, Urdu
Cost Donation
Published 2002
Contact British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

Look after your heart

Description This leaflet presents information on looking after your heart.

Format Leaflet

Language Chinese, Somali, Turkish, Urdu
Cost Free to download
Published 2002
Contact Health Information East London
<http://www.thpct.nhs.uk/hiel/>

Stroke**Stroke**

Description This booklet presents information on stroke.

Format Booklet
Language Punjabi, Urdu
Cost
Published 2001
Contact The Stroke Association
<http://www.stroke.org.uk>

Men's Health

How men can improve their health?

Description This leaflet presents information on the way in which a man can improve his health and live longer.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1995

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Prostate and testicular cancer audio tape.

Description This audio tape presents information on prostate and testicular cancer.

Format Audio tape

Language Punjabi, Urdu

Cost

Published

Contact GGNHS

Prostate health : What every man needs to know.

Description This leaflet presents information on what the prostate does, signs of enlarged prostate, causes of prostate cancer and prostatitis.

Format Leaflet

Language Arabic, English, Turkish

Cost Free to download

Published 1997

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

Successful treatment for impotence.

Description This leaflet describes the possible causes of impotence and treatments available for impotence.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

When marriages break down, it's often men who hurt the most.

Description This leaflet presents the reasons why men may find it more difficult when a marriage breaks down.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Why are men less healthy than women?

Description This leaflet presents information on why men are less healthy than women.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost	Free to download
Published	1998
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Mental Health

Anorexia Nervosa

Anorexia Nervosa in children and young people.

Description	This leaflet presents information on Anorexia Nervosa, what it is, why it is a dangerous condition, looking for signs in children and what can be done to help children.
Format	Leaflet
Language	Arabic, Chinese, English, Turkish
Cost	Free to download
Published	2002
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Anxiety

Anxiety in children.

Description	This leaflet presents information on what parents should know about anxiety in children, what signs parents should look for and how parents can help their children work through their problems.
Format	Leaflet
Language	English, Farsi, French
Cost	Free to download
Published	2001
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

Anxiety Disorder Brochures

- 1. What factors contribute to anxiety?**
- 2. The physical symptoms of anxiety.**
- 3. How can exercise reduce your level of anxiety?**
- 4. How will sleeping well affect anxiety?**
- 5. How does smoking add to anxiety?**
- 6. How can excessive caffeine intake contribute to anxiety?**
- 7. The effects of alcohol on anxiety.**
- 8. The effects of drugs on anxiety.**
- 9. Slow breathing techniques for anxiety.**
- 10. Relax and reduce anxiety.**
- 11. How avoiding situations increases anxiety.**
- 12. Thinking straight to reduce anxiety.**
- 13. Effective problem solving to reduce anxiety.**
- 14. Being assertive and expressing your emotions.**
- 15. Medications for anxiety disorders.**
- 16. Mixed anxiety and depression.**
- 17. Getting help for anxiety and disorders.**

Description	This is a series of leaflets available a whole booklet or as individual leaflets.
Format	Booklet and leaflet.
Language	Arabic, Chinese, English.
Cost	Free to download.
Published	2003
Contact	NSW Multicultural Health Communication Service Australia

mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Help for anxiety problems.

Description This leaflet presents information on types of anxiety disorders such as phobias, post-traumatic stress disorder, obsessive-compulsive disorder, agoraphobia, and panic disorder.

Format Leaflet

Language Arabic, Chinese, English, Turkish.

Cost Free to download

Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Stigma and anxiety.

Description This leaflet presents information on the way in which a person with mental illness feels and how stigma can affect them. It also gives information on anxiety disorders.

Format Leaflet

Language Turkish and English

Cost Free to download

Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Dementia

Are you looking after someone who is confused and forgetful?

Description This leaflet presents information on what is dementia, what are the signs, cures for dementia and who can help if you have dementia.

Format Leaflet

Language Chinese, English, Farsi, Punjabi, Somali, Turkish, Urdu

Cost Free

Published Unknown

Contact Alzheimer's Society
<http://www.alzheimers.org.uk>
info@alzheimers.org.uk

Changed behaviours.

Description This leaflet presents information on changed behaviour for sufferers of Alzheimer's.

Format Leaflet

Language Arabic and Chinese

Cost Free to download

Published 1999

Contact Alzheimer's Australia
<http://www.alzheimers.org.au>

Dementia

Description This leaflet presents information on common questions about dementia such as what is dementia, what causes dementia, can dementia be cured, and what help is available for sufferers of dementia.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1998
Contact Alzheimer's
Association NSW
Australia
<http://www.alznsw.asn.au>

Diagnosing Dementia.

Description This leaflet presents information on diagnosing dementia.

Format Leaflet
Language Arabic and Chinese
Cost Free to download
Published 1999
Contact Alzheimer's Australia
<http://www.alzheimers.org.au>

Communication

Description This leaflet presents information of communicating with sufferers of Alzheimer.

Format Leaflet
Language Arabic
Cost Free to download
Published 1999
Contact Alzheimer's Australia
<http://www.alzheimers.org.au>

Early planning.

Description This leaflet presents information on early planning for coping with full onset Alzheimer's.

Format Leaflet
Language Arabic and Chinese
Cost Free to download
Published 1999
Contact Alzheimer's Australia
<http://www.alzheimers.org.au>

Taking a break

Description This leaflet presents information on taking a break from caring with

someone with Alzheimer's.

Format Leaflet
Language Arabic and Chinese
Cost Free to download
Published 1999
Contact Alzheimer's Australia
<http://www.alzheimers.org.au>

The Dementia's.

Description This leaflet presents information on dementia.

Format Leaflet
Language Arabic, Chinese, Turkish
Cost Free to download
Published Unknown
Contact Alzheimer's Society of Victoria Australia
Available via
<http://www.alzheimers.org.au/>

What is dementia?

Description This leaflet presents information on what is dementia.

Format Leaflet
Language Arabic and Chinese
Cost Free to download
Published 1999
Contact Alzheimer's Australia
<http://www.alzheimers.org.au>

Depression

Depression in children.

Description This leaflet presents information on what parents should be aware of as signs of depression in children.

Format Leaflet
Language Arabic, Chinese, English, Farsi, Turkish
Cost Free to download

Published 2002
Contact Transcultural Mental
Health Centre
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Depression in ethnic minorities.

Description This video presents information of the problems caused by depression.

Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Depression during pregnancy and early parenthood.

Description This leaflet presents information on signs and symptoms of depression, causes of depression, treatment options and coping strategies.

Format leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2003
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Lets talk mental health – depression.

Description This leaflet presents information on what is depression, types of depression and

treatments for depression.

Format Leaflet
Language English and Turkish
Cost Free to download
Published 2000
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Making sense of depression

Description This leaflet present information on understanding and making sense of depression.

Format Leaflet
Language Arabic, Chinese and Turkish
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Post-Natal Depression.

Description This video presents information on the effects of different degrees of post-natal depression.

Format Video
Language English and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Understanding depression.

Description This booklet presents information on

understanding depression.

Format Booklet

Language Arabic, Chinese, Farsi, French, Turkish, Somali

Cost Free to download at Multikulti and Mind

Published Unknown

Contact Multikulti
<http://www.multikulti.org.uk>
 Mind Publications
 15-19 Broadway
 London E15 4BQ
<http://www.mind.org.uk>

Mental Well-Being

Are you feeling good today?

Description This leaflet presents information on ways to help your own self to feel positive and good about life. Also tips on seeking help.

Format Leaflet

Language Chinese, English, Turkish

Cost Free to download

Published 1998

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Does someone you know have a mental illness?

Description This leaflet presents information on attitudes to mental illness and the way in which people can help stop the prejudice surrounding mental illness.

Format Leaflet

Language Arabic, Chinese, English, Turkish.

Cost Free to download

Published 1995

Contact Transcultural Mental Health Centre
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Improve your mental well-being.

Description This leaflet presents information on improving your mental well being.

Format Leaflet

Language Arabic, Chinese, Farsi French, Somali

Cost Free to download at Multikulti and Mind

Published Unknown

Contact Multikulti
<http://www.multikulti.org.uk>
 Mind Publications
 15-19 Broadway
 London E15 4BQ
<http://www.mind.org.uk>

Let's talk mental health.

Description This leaflet presents information on what does mental health mean, what we can do to have good mental health, what causes mental health problems and what can be done to help.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact Transcultural mental Health Centre,
 Cumberland Hospital,
 Australia

<http://www.magna.com.au/-tmhc/>

Mann ki Baat

Description This video and companion booklet presents information on mental health problems in Asian communities.

Format Video and booklet

Language English and Punjabi

Cost £74.95

Published 2000

Contact Mental Health Media/North Birmingham Mental Health Trust
<http://www.mhmedia.com>

Mental health: towards a better understanding.

Description This booklet presents information on general mental health issues.

Format Booklet

Language Arabic

Cost Free

Published 1999

Contact Al-Hasaniya Morrocon Women's Centre
0208 969 2292
alhasaniya@escapeartists.com
or
Kensington, Chelsea and Westminster Health Authority
50 Eastbourne Terrace
London
W2 6LX
0207 725 3436

Mental health you can't always see it.

Description This poster presents information on mental health.

Format Poster

Language Chinese, Urdu

Cost
Published
Contact

Time to unwind.

Description This audio tape presents information on relaxation and unwinding.

Format Audio tape

Language Albanian, Arabic, Chinese, Farsi, French, Kurdish-Kirmanji, Kurdish_Sorani, Punjabi, Swahili, Turkish

Cost
Published
Contact GGNHSB

Understanding mental illness.

Description This booklet presents information on understanding mental illness.

Format Booklet

Language Cantonese, Somali, Turkish, Urdu

Cost Free to download

Published Unknown
ISBN 1-874690-78-2

Contact Mind Publications
15-19 Broadway
London E15 4BQ
<http://www.mind.org.uk>

What is mental illness?

Description This leaflet presents information on what is a mental illness, what causes mental illness, what are the main types of mental illness and what can be done to help sufferers of mental illness.

Format Leaflet

Language Arabic, Chinese, English, Arabic

Cost Free to download

Published 2003
Contact NSW Multicultural
Health Communication
Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Mood Swings and Bi-Polar Disorder

Living with dramatic mood swings.
Description This leaflet presents information on bi-polar depression.
Format Leaflet
Language Arabic, Chinese, English, Turkish.
Cost Free to download
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Teenage moods – what’s normal and what’s not?
Description This leaflet presents information what is a normal mood swing for a teenager.
Format Leaflet
Language Arabic
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Postnatal Depression

Sad feelings after childbirth – a hidden problem.

Description This leaflet presents information on the symptoms of postnatal depression, the causes of postnatal depression and tips on lowering your risk of getting postnatal depression.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Self Harm

Preventing youth suicide.

Description This leaflet presents information on suicide in younger people.
Format Leaflet
Language Arabic, Chinese, English and Turkish
Cost Free to download
Published 1997
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Talking about suicide

Description This video and companion booklet

presents information on the rates (and reasons behind) attempted suicide of Asian women.

Format Video and booklet
 Language English and Punjabi
 Cost £74.95
 Published 2000
 Contact Realta/Northern Birmingham Mental Health Trust
<http://www.mhmedia.com>

Schizophrenia

Lets talk mental health – Schizophrenia

Description This leaflet presents information on what is schizophrenia, what are the symptoms of schizophrenia and what treatments are available.

Format Leaflet
 Language English and Turkish
 Cost Free to download.
 Published 2001
 Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Schizophrenia and young people.

Description This leaflet presents information on what the symptoms of schizophrenia are and what are its affects on young people.

Format Leaflet
 Language Arabic, Chinese, English, Turkish.
 Cost Free to download
 Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Stress

How to cope with stress.

Description This leaflet presents information on what are the common signs of stress and tips on coping with stress and getting help.

Format Leaflet
 Language Arabic, Chinese, English, Somali, Turkish
 Cost Free to download
 Published 1996
 Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Nutrition

A taste of health.

Description This video presents information on health eating.

Format Video

Language English and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Are you drinking enough water?

Description This leaflet presents information on the reasons why we may not take enough water and the volume of water should we drink per day.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1997

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Asian and European recipes.

Description This booklet presents information on healthy Asian and European recipes.

Format Booklet

Language Punjabi, Urdu

Cost Free

Published Unknown

Contact GGNHSB
PERL
Greater Glasgow NHS Board
Dalian House
Glasgow G3 8YY
0141 211 4444

Asian healthy cooking recipes.

Description This booklet presents asian healthy cooking recipes.

Format Booklet

Language Urdu

Cost Free

Published Unknown

Contact GGNSHB
PERL
Greater Glasgow NHS Board
Dalian House
Glasgow G3 8YY
0141 211 4444

Balance for health.

Description This leaflet presents information on a healthy food balance.

Format Leaflet

Language Chinese, Urdu

Cost Free

Published Unknown

Contact GGNHSB
PERL
Greater Glasgow NHS Board
Dalian House
Glasgow G3 8YY
0141 211 4444

Building blocks for health. Eating well for 2-5 year olds.

Description This booklet presents information on a balanced diet for 2-5 year olds from all the food groups. Also included is information on drinking, hidden sugar and salt, having breakfast, getting enough iron and fussy eaters.

Format Booklet

Language English, Punjabi, Somali, Turkish, Urdu

Cost £0.50

Published Unknown

Contact Health Information East
London
<http://www.thpct.nhs.uk/hiel/>

Caffeine and your health.

Description This leaflet presents information on the way in which increased caffeine levels can affect your health including sleeping and pregnancy.

Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Chinese food guide.

Description This leaflet presents information on a healthy food lifestyle.

Format Leaflet
Language Chinese, English and French
Cost Free to download
Published 2002
Contact Nutrition Resource Centre, Ontario Canada
<http://www.nutritionrc.ca>

Chinese meal and snack ideas.

Description This leaflet presents information on healthy Chinese meal and snacks.

Format Leaflet
Language Chinese/English
Cost Free to download
Published Unknown

Contact British Columbia
Cancer Agency Canada
<http://www.bccancer.bc.ca/default.htm>

Cholesterol: too much is dangerous. European and Middle Eastern foods.

Description This leaflet presents information on what is cholesterol, how does it contribute to heart disease and stroke, the way in which it is affected by diet and how to keep cholesterol at a healthy level.

Format Leaflet
Language Arabic, Farsi, English, Punjabi, Turkish
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Cholesterol : too much is dangerous. Asian foods.

Description This leaflet presents information on what is cholesterol, how does it contribute to heart disease and stroke, the way in which it is affected by diet and how to keep cholesterol at a healthy level.

Format Leaflet
Language Chinese and English
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

Don't be fooled by weigh loss gimmicks.

Description This leaflet presents information on gimmicks in the weight loss industry including food combining, special foods, and cutting out carbohydrates.

Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Easy to eat and great for your health. Fruit and Vegetables.

Description This leaflet presents information on a healthy food lifestyle using fruit and vegetables.

Format Leaflet
Language Arabic, Chinese, English, Somali
Cost Free to download
Published 2002
Contact Nutrition Resource Centre, Ontario Canada
<http://www.nutritionrc.ca>

Easy to eat and great for your health. Frozen and canned fruit and vegetables.

Description This leaflet presents information on a healthy food lifestyle using frozen and canned fruit and vegetables.

Format Leaflet
Language Arabic, Chinese, English, Somali
Cost Free to download
Published 2002
Contact Nutrition Resource Centre, Ontario Canada
<http://www.nutritionrc.ca>

Eating in pregnancy.

Description This video presents information on a healthy diet during pregnancy.

Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Eating for late life.

Description This leaflet presents information on good eating habits in later life.

Format Leaflet
Language Chinese, Punjabi, Turkish, Urdu
Cost Free to download
Published 2002
Contact Food Standards Agency
foodstandards@eclogistics.co.uk

Eating for the good of your health.

Description This leaflet presents information of good eating habits during cancer treatments.

Format Leaflet
Language Chinese
Cost Free to download
Published 2001
Contact Canadian Cancer Society, Canada

<http://www.cancer.ca/cc/s/internet/cancer/0,,3172,00.html>

Enjoying our healthy foods.

Description This video presents information on healthy eating and cooking.

Format Video

Language Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Feeding your baby.

Description This leaflet presents information on healthy feeding for your baby.

Format Leaflet

Language Chinese, Punjabi, Turkish, Urdu

Cost Free to download

Published 2002

Contact Food Standards Agency
foodstandards@eclogist.ics.co.uk

Feeding your growing child.

Description This leaflet presents information on feeding your child.

Format Leaflet

Language Chinese, Punjabi, Turkish, Urdu

Cost Free to download

Published 2002

Contact Food Standards Agency
foodstandards@eclogist.ics.co.uk

Fitting more fruit and vegetables into your diet.

Description This leaflet presents information on tips for eating more fruit and vegetables.

Format Leaflet

Language Arabic, Chinese, English, Turkish.

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

From milk to family meals.

Description This leaflet presents information on moving from baby milk to family meals.

Format Leaflet

Language Chinese, Urdu

Cost Free to download

Published Unknown

Contact Health Scotland
<http://www.hebs.com/to/pics/index.htm>

Getting down lightly.

Description This leaflet presents information on weight control.

Format Leaflet

Language Punjabi, Urdu

Cost Free

Published Unknown

Contact GGNHSB
PERL
Dalian House
St Vincent Street
Glasgow
G3 8YY
0141 221 4444

Good reasons to eat more fish.

Description this leaflet presents information on reasons why we should include more fish in our diets, how fish can prevent heart disease, stroke, promotes strong bones,

reduce asthma and help people with diabetes.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1998

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Healthy food + active lifestyle = happy life.

Description This leaflet presents information on foods that may prevent heart disease, eating less fat in our diet, cooking with vegetable oils, teaching your children good habits and taking some exercise each day.

Format Leaflet

Language Arabic and English

Cost Free to download

Published 2001

Contact Central Sydney Area Health Service
 NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Healthier ways to cook and shop.

Description This leaflet presents information on removing visible fat from meat, alternative cooking methods and what are “good” fats and “bad” fats.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1997

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Helping children maintain a health weight.

Description This leaflet presents information on what are the main causes of weight gain, encouraging children to eat healthy foods and having an active family lifestyle.

Format Leaflet

Language Arabic, Chinese, English, Farsi, Turkish

Cost Free to download

Published 2000

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

How much meat do you really need?

Description This leaflet presents information on the quantities of meat that we really need, which meats are higher in fat, balancing meat with other foods and low fat ways to cook meat.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1998

Contact NSW Multicultural
Health Communication
Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Its good thinking to start with breakfast.

Description This leaflet presents information on starting the day with a healthy breakfast.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural
Health Communication
Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Men and food.

Description This leaflet presents information on a healthy eating lifestyle for men.

Format Leaflet

Language Chinese, Punjabi, Turkish, Urdu

Cost Free to download

Published 2002

Contact Food Standards Agency
foodstandards@ecologistics.co.uk

Milk and toddlers.

Description This leaflet presents tips on weaning babies from milk.

Format Leaflet

Language Arabic, Chinese, English

Cost Free to download

Published 2003

Contact National Child
Nutrition Programme
Australia
Available via
Multicultural Health
Communication Service
Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Obesity

Description This video presents information on obesity.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Punjabi food guide.

Description This leaflet presents information on a healthy food lifestyle.

Format Leaflet

Language English, French and Punjabi

Cost Free to download

Published 2002

Contact Nutrition Resource
Centre, Ontario Canada
<http://www.nutritionrc.ca>

Starting solids.

Description This leaflet presents information on introducing food to babies.

Format Leaflet

Language Arabic, Chinese, English

Cost Free to download

Published 2002

Contact Central Sydney Area
Health Service

Available via
Multicultural Health
Communication Service
Australia
[mhcs@doh.health.nsw.
gov.au](mailto:mhcs@doh.health.nsw.gov.au)

To help maintain your weight.

Description This leaflet presents information on maintaining your weight and energy levels during cancer treatments.

Format Leaflet

Language Chinese/English

Cost Free to download

Published Unknown

Contact British Columbia
Cancer Agency Canada
[http://www.bccancer.bc.
ca/default.htm](http://www.bccancer.bc.ca/default.htm)

Urdu food guide.

Description This leaflet presents information on a healthy food lifestyle.

Format Leaflet

Language English, French and Urdu

Cost Free to download

Published 2002

Contact Nutrition Resource
Centre, Ontario Canada
[http://www.nutritionrc.c
a](http://www.nutritionrc.ca)

Oral Health

A beautiful smile.

Description This video presents information on the dangers of tobacco and betel-quid chewing and importance of visiting the dentist.

Format Video

Language English and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Baby teeth are important.

Description This leaflet presents information on dental health for children from birth to five years.

Format Leaflet

Language Arabic, Chinese, Farsi, English, Somali

Cost Free to download

Published 2001

Contact City of Ottawa Dental Health Promotion
<http://www.city.ottawa.on.ca>

Brushing method.

Description This leaflet presents information on various brushing methods.

Format Leaflet

Language Arabic, Chinese, Farsi, English, Somali

Cost Free to download

Published 2001

Contact City of Ottawa Dental Health Promotion
<http://www.city.ottawa.on.ca>

Caring for your teeth and gums during pregnancy.

Description This leaflet presents information on good oral health during pregnancy.

Format Leaflet

Language Chinese

Cost Free

Published Unknown

Contact Oral Health and Ethnicity Unit,
University of Leeds.
0171 287 0904

Drinks and dental health.

Description This leaflet presents information on drinks and dental health.

Format Leaflet

Language Chinese, Punjabi, Urdu

Cost Unknown

Published Unknown

Contact

Flossing method.

Description This leaflet presents information on flossing methods.

Format Leaflet

Language Arabic, Chinese, Farsi, English, Somali

Cost Free to download

Published 2001

Contact City of Ottawa Dental Health Promotion
<http://www.city.ottawa.on.ca>

Healthy smiles for all.

Description This leaflet presents information on eating and drinking and visiting the dentist on a regular basis.

Format Leaflet

Language Bengali, English, Punjabi

Cost Free

Published Unknown

Contact Mencap
<http://www.mencap.org.uk/>

Healthy teeth for life.

Description This leaflet presents information on keeping your teeth healthy.

Format Leaflet

Language Chinese, Punjabi, Turkish, Urdu

Cost Free

Published Unknown

Contact Health Scotland
<http://www.hebs.com/to/pics/index.htm>

Oral cancer.

Description This leaflet describes what is oral cancer, who is at risk from oral cancer and what are the signs of oral cancer.

Format Leaflet

Language English, Punjabi, Urdu

Cost Free to download

Published Unknown

Contact MyPil.com
<http://mypil.com>

Snacking and dental health.

Description This leaflet presents information on factors to consider when snacking, including some healthy snacking ideas.

Format Leaflet

Language Arabic, Chinese, Farsi, English, Somali

Cost Free to download

Published 2001

Contact City of Ottawa Dental Health Promotion
<http://www.city.ottawa.on.ca>

Simple steps to good oral health.

Description This leaflet presents information on steps on oral health.

Format Leaflet

Language Chinese, Somali, Turkish, Urdu

Cost Unknown

Published 2002

Contact Health Information East London
<http://www.thpct.nhs.uk/hiel/>

The effects of tobacco, alcohol and drugs on oral health.

Description This leaflet presents information on the physical effects of tobacco, alcohol and drugs on oral health.

Format Leaflet

Language English, Punjabi, Urdu

Cost Free to download

Published 2003

Contact myPIL.com

Visiting the dentist.

Description This leaflet presents information on visiting a dentist on a regular basis, locating an NHS dentist, what happens when I go to the dentist, what to do if English is not my preferred language and what are the treatment costs.

Format Leaflet

Language English, Punjabi, Urdu

Cost Free to download

Published 2003

Contact mypil.com

Visiting the Dentist

Description This leaflet presents information on visiting the dentist.

Format Leaflet

Language Chinese

Cost Free

Published Unknown

Contact Oral Health and Ethnicity Unit, University of Leeds.
 0171 287 0904

**What you need to know about Paan,
Gutkha and Chewing Tobacco.**

Description	This leaflet presents information on chewing tobacco and oral cancer.
Format	Leaflet
Language	Bengali, English, Punjabi, Urdu
Cost	Free
Published	2002
Contact	Leicester Tobacco Paan Action Group 0116 258 8850

Physical Activity

Exercise with Padmini Kolapuri.

Description This video presents information on the importance of fitness and exercise.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Exercise. You only have to take it regularly, not seriously.

Description This leaflet presents information on the benefits of taking exercise on a regular basis.

Format Leaflet

Language Arabic, Chinese, English, Farsi, French, Turkish

Cost Free

Published 1998

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Gentle exercise classes – nothing to lose and much to gain.

Description This leaflet presents information on the benefits of gentle exercise.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free

Published 2001

Contact NSW Multicultural Health Communication Service Australia

mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

How to get your child moving.

Description This leaflet presents information on activities for your child to get involved in.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free

Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Keep fit. Keep healthy.

Description This video presents information on exercise and a healthy diet.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

Physical activity guide.

Description This leaflet presents information on ways to have a more active lifestyle.

Format Leaflet

Language Arabic, Chinese, Somali

Cost Free

Published Unknown

Contact Canadian Society for Exercise Psychology

Regular exercise – it's easier than you think.

Description This leaflet presents information on ideas for getting active.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free

Published 1996

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

What's the best exercise for you?

Description This leaflet presents information on good exercises for specific groups of people.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free

Published 1999

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Stretching exercises for walking.

Description This leaflet presents information on stretching exercises for walking.

Format Leaflet

Language Arabic, Chinese, English, French, Somali

Cost Free

Published Unknown

Contact City of Ottawa
<http://www.city.ottawa.on.ca>

Walking is great for your heart.

Description This leaflet presents information on the benefits of walking.

Format Leaflet

Language Arabic, Chinese, English, French

Cost Free

Published Unknown

Contact City of Ottawa
<http://www.city.ottawa.on.ca>

Physical activity and your health.

Description This leaflet presents information on the way in which increased physical activity can be beneficial to your health.

Format Leaflet

Language Chinese, Somali, Turkish, Urdu

Published 2002

Contact Health Information East London

Sexual Health

Chlamydia, Gonorrhoea, Herpes and Warts

Chlamydia

Description	This leaflet presents information on what is chlamydia, how common is it, the risk of getting chlamydia, and the effects on women, men and babies.
Format	Leaflet
Language	Arabic, Chinese, English
Cost	Free to download
Published	2003
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Chlamydia

Description	This leaflet presents information on what is chlamydia, how do you get infected, when do the symptoms appear, what is the test for chlamydia, what treatments are available for chlamydia and what are the complications of infection from chlamydia.
Format	Leaflet
Language	Arabic, English
Cost	Free to download
Published	1999
Contact	Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

Chlamydia and Gonorrhoea.

Description	This leaflet presents information on what is chlamydia and gonorrhoea, what treatments are available for chlamydia and gonorrhoea.
Format	Leaflet
Language	English and Turkish
Cost	Free to download
Published	2000
Contact	Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Genital Herpes.

Description	This leaflet presents information on genital herpes.
Format	Leaflet
Language	Arabic, Chinese
Cost	Free to download
Published	1994
Contact	Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Genital Herpes

Description	This leaflet presents information on genital herpes.
Format	Leaflet
Language	Arabic
Cost	Free

Published Unknown
Contact Kensington and Chelsea
and Westminster Health
Authority
50 Eastbourne Terrace
London
020 7725 3333

Genital Warts

Description This leaflet presents
information on genital
warts.

Format Leaflet
Language Arabic
Cost Free
Published Unknown
Contact Kensington and Chelsea
and Westminster Health
Authority
50 Eastbourne Terrace
London
020 7725 3333

Genital wart virus infection (HPV).

Description This leaflet presents
information on what is
HPV, how do you get
infected and how is it
passed on, what is the
treatment for HPV and
does HPV cause cancer.

Format Leaflet
Language Arabic, Chinese,
English
Cost Free to download
Published 1994
Contact Sydney Sexual Health
Centre available via
NSW Multicultural
Health Communication
Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Gonorrhoea

Description This leaflet presents
information on
Gonorrhoea.

Format Leaflet
Language Arabic
Cost Free
Published Unknown
Contact Kensington and Chelsea
and Westminster Health
Authority
50 Eastbourne Terrace
London
020 7725 3333

Gonorrhoea

Description This leaflet presents
information on what is
gonorrhoea, what are
the symptoms, how do
test for gonorrhoea,
what is the treatment
and what are the
complications of this
infection.

Format Leaflet
Language Arabic, Chinese,
English
Cost Free to download
Published 1999
Contact Sydney Sexual Health
Centre available via
NSW Multicultural
Health Communication
Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

What you should know about herpes.

Description This leaflet presents
information about what
is herpes, how you
become infected with
herpes, how this disease
affects your health, how
can it be prevented and
can it be cured.

Format Leaflet
Language Arabic, Chinese,
English, Turkish
Cost Free to download

Published 1996
 Contact NSW Multicultural
 Health Communication
 Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Contraception

Emergency contraceptive pills.

Description This leaflet presents information on what are emergency contraceptive pills, when the pills can be taken and how the pills work.

Format Leaflet
 Language English and French
 Cost Free to download
 Published 2000
 Contact International Planned
 Parenthood federation
 Regents College,
 Regents Park, London.
<http://www.ippf.org>

Emergency pill – an option to prevent unwanted pregnancy.

Description This leaflet presents information on taking the emergency contraceptive pill, how to take the pill, where to get the pill and how does the pill work.

Format Leaflet
 Language Arabic, Chinese, English, Turkish.
 Cost Free to download
 Published 1998
 Contact NSW Multicultural
 Health Communication
 Service Australia
mhcs@doh.health.nsw.gov.au

<http://mhcs.health.nsw.gov.au>

Ways to prevent pregnancy.

Description This leaflet presents information on the different contraceptive methods available for women including pills, depo provera, skin implant, IUD, condoms, diaphragms and sterilisation.

Format Leaflet
 Language Arabic, Chinese, English, Farsi, Punjabi, Turkish

Cost Free to download
 Published 2002
 Contact NSW Multicultural
 Health Communication
 Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Hepatitis

Hepatitis B

Description This leaflet presents information on what is hepatitis, what is hepatitis B, how you do catch hepatitis B and steps that will stop the transmission of hepatitis B, who are high risk groups of catching hepatitis B and vaccination against hepatitis B.

Format Leaflet
 Language Arabic, Chinese, English and Turkish
 Cost Free to download
 Published Unknown

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Hepatitis B virus.

Description This leaflet presents information on what is hepatitis, what is hepatitis B, how you do catch hepatitis B and steps that will stop the transmission of hepatitis B, who are high risk groups of catching hepatitis B and vaccination against hepatitis B.

Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 1994
Contact Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Hepatitis C: the facts.

Description This leaflet presents information on what is hepatitis, what are the symptoms of hepatitis C, testing for hepatitis C, how is the hepatitis C virus spread and how to avoid being infected by hepatitis C.

Format Leaflet
Language Arabic, Chinese, English
Cost Free to download

Published Unknown
Contact Multicultural HIV/AIDS Service via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

HIV and AIDS

AIDS

Description This leaflet presents information on AIDS.
Format Leaflet
Language Chinese
Cost Free to download
Published Unknown
Contact US Dept of Health and Human Services
Public Health Service
Centres for Disease Control
Rockville
MD 20850

Being positive.

Description This leaflet presents information on being HIV positive; what happens now, confidentiality and telling someone.
Format Leaflet
Language Arabic, Chinese and English
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Health and treatments.

Description	This leaflet presents information on health and treatments for HIV and AIDS and includes monitoring your health, treatments and complementary therapies.
Format	Leaflet
Language	Arabic, Chinese, English
Cost	Free to download
Published	Unknown
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

HIV antibody test.

Description	This leaflet presents information on what are HIV and AIDS, how infection spreads and the HIV antibody test.
Format	Leaflet
Language	Chinese, English
Cost	Free to download
Published	1999
Contact	Multicultural HIV/AIDS Service via NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

HIV Infection (AIDS).

Description	This leaflet presents information on what is HIV and AIDS, how you catch HIV, what are the symptoms of HIV,
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ways to avoid infection or transmission of HIV.

Format	Leaflet
Language	Arabic, Chinese, English
Cost	Free to download
Published	1998
Contact	Multicultural HIV/AIDS Service via NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

HIV patient fact sheet.

Description	This leaflet presents information on what is HIV, how can HIV spread, treatment of HIV and the importance of speaking to someone.
Format	Leaflet
Language	Arabic, Chinese, English
Cost	Free to download
Published	2003
Contact	Australian Society for HIV Medicine http://www.ash.org.au

Living with AIDS.

Description	This leaflet presents information on living with AIDS.
Format	Leaflet
Language	Chinese, Arabic
Cost	Free to download
Published	Unknown
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Information for travellers on HIV and sexual health.

Description This leaflet presents information on HIV and sexual health issues for travellers.

Format Leaflet

Language Chinese, Punjabi, Turkish, Urdu

Cost

Published

Cost GGNHSB

The effects of HIV/AIDS.

Description This leaflet presents information on the effects of HIV and AIDS. Also included are the differences between HIV and AIDS, how is HIV transmitted and how does HIV affect the immune system.

Format Leaflet

Language Arabic, Chinese, English

Cost Free to download

Published Unknown

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Positive Maternite

Description This leaflet presents information on HIV.

Format Leaflet

Language French

Cost Free

Published 1994

Contact Central and North West London Health Promotion Unit
 London

Preventing HIV : lets share the responsibility.

Description This leaflet presents information on the importance of discussing HIV and AIDS in an open and informed way.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1995

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Talking about HIV and AIDS

Description This audiotope and booklet discusses topics such as feelings and beliefs about HIV and AIDS, what is HIV and AIDS, HIV testing and discussing HIV and AIDS with families, friends and communities.

Format Audiotope and booklet

Language English, French, Somali

Cost £12 for audiotope

Published Unknown

Contact The Centre for HIV and Sexual Health
 22 Collegiate Crescent
 Sheffield
 0114 226 1900

Women and HIV newly diagnosed.

Description This leaflet presents information on feeling and reactions at being diagnosed, support availability, who you may want to tell, who you must tell.

Format Leaflet

Language Arabic, Chinese, English
 Cost Free to download
 Published 1997
 Contact Family Planning NSW and AIDFS Council of NSW
 Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Women and HIV testing

Description This leaflet presents information on counselling, consent and confidentiality, the tests available and the results.
 Format Leaflet
 Language Arabic, Chinese, English
 Cost Free to download
 Published 1997
 Contact Family Planning NSW and AIDFS Council of NSW
 Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Women and HIV parenting.

Description This leaflet presents information on HIV and pregnancy, HIV and children.
 Format Leaflet
 Language Arabic, Chinese, English
 Cost Free to download
 Published 1997

Contact Family Planning NSW and AIDFS Council of NSW
 Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Women and HIV pregnancy.

Description This leaflet presents information on being HIV positive and pregnant or wanting to become pregnant.
 Format Leaflet
 Language Arabic, Chinese, English
 Cost Free to download
 Published 1997
 Contact Family Planning NSW and AIDFS Council of NSW
 Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Women and HIV symptoms.

Description This leaflet presents information on the symptoms of HIV.
 Format Leaflet
 Language Arabic, Chinese, English
 Cost Free to download
 Published 1997
 Contact Family Planning NSW and AIDS Council of NSW
 Available via

NSW Multicultural
Health Communication
Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Non-Gonococcal Urethritis (NGU)

Non-Gonococcal Urethritis (NGU).

Description This leaflet presents information on NGU, what are the symptoms of NGU, how can you get infected, tests for NGU, treatments for NGU and complications of NGU.

Format Leaflet
Language Arabic and English
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Homosexual and Gay

Sexual health information for gay men from non-English speaking backgrounds.

Description This booklet presents sexual health information for gay men.

Format Booklet
Language French
Cost Free
Published 2000
Contact Camden and Islington Community Health Services NHS Trust

Health Promotion
Service
St Pancras Hospital
London
020 7530 3992

Pubic Lice (Crabs)

Pubic Lice (Crabs).

Description This leaflet presents information on crabs, what they are, how do you get infected and what is the treatment options.

Format Leaflet
Language Arabic, Chinese, English.
Cost Free to download
Published 1999
Contact Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Pubic Lice

Description This leaflet presents information on pubic lice.

Format Leaflet
Language Arabic
Cost Free
Published Unknown
Contact Kensington and Chelsea and Westminster Health Authority
50 Eastbourne Terrace
London
020 7725 3333

Sexual Health : General

How smoking can affect sexual health.

Description This guide presents information on how smoking may affect sexual and reproductive health.

Format Leaflet

Language Arabic, Chinese, English and Turkish

Cost Free to download

Published 1997

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Myths and facts about sexual health.

Description This guide presents information on what is an STD, who gets STDs, how can you tell if a person has a STD and what is the best way to avoid getting an STD.

Format Leaflet

Language Arabic, Chinese, English and Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Sexually transmitted infections.

Description This leaflet presents information on sexually transmitted infections (STIs).

Format Leaflet

Language Arabic, Kurdish, Somali, Turkish

Cost £0.50

Published 2001

Contact Naz Project London
241 King Street
London
naz@naz.org.uk

Sexwise

Description This guide presents information on the sexual changes in boys and girls, male and female contraception and having sex.

Format Guide

Language Arabic, Chinese, French, Farsi and Turkish

Cost Free to download

Published Unknown

Contact BBC World Service
International Planned Parenthood Organisation
<http://intepan02.uuhost.uk.uu.net/>

Syphilis

Syphilis

Description This leaflet presents information on syphilis.

Format Leaflet

Language Arabic

Cost Free

Published Unknown

Contact Kensington and Chelsea and Westminster Health Authority
50 Eastbourne Terrace
London
020 7725 3333

Syphilis

Description This leaflet presents information on syphilis, what are the symptoms and what are the treatment options.

Format Leaflet
Language Arabic, Chinese and English
Cost Free to download
Published 1999
Contact Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Trichomoniasis

Trichomoniasis

Description This leaflet presents information on trichomoniasis, what are the symptoms, how do get infected and what are the treatment options.

Format Leaflet
Language Arabic, Chinese and English.
Cost Free to download
Published 1999
Contact Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Smoking

10 top reasons to stay smoke free.

Description This leaflet presents information on reasons to quit smoking.

Format Leaflet

Language English, Punjabi, Urdu

Cost £0.25

Published Unknown reprinted 2004

Contact GASP
<http://www.gasp.org.uk>

Deciding to give up tobacco use – for yourself, your family and your friends.

Description This leaflet presents information on giving up tobacco.

Format Leaflet

Language Punjabi and Urdu

Cost Free to download

Published Unknown

Contact NHS Smoking Helpline
<http://www.givingupsmoking.co.uk/>

Facts about smoking.

Description This leaflet presents information on why smoking is bad for you and the benefits of giving up smoking.

Format Leaflet

Language Chinese, English, Punjabi, Somali, Turkish, Urdu

Cost Free to download

Published 2002

Contact Health Information East London
<http://www.thpct.nhs.uk/hiel/>

Products to help you stop smoking.

Description This leaflet presents information on products that may help you to stop smoking.

Format Leaflet

Language Arabic, Chinese, English, Farsi, Turkish,

Cost Free to download

Published 2001

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Reasons to quit smoking.

Description This leaflet presents information on smoking how smoking can affect you and your family's health.

Format Leaflet

Language Arabic, Chinese, English, Farsi

Cost Free to download

Published 2001

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Smoking facts for women.

Description This leaflet presents information on how smoking affects your body, lungs, arteries, heart, sex life, uterus, bones, breath, teeth, skin, hair, and fingers.

Format Leaflet

Language English, Punjabi, Urdu

Cost £0.25

Published 2002

Contact GASP
<http://www.gasp.org.uk>

The Cost of Smoking : Chinese.

Description This video presents information on popular beliefs about cigarettes.

A former smoker talks about quitting, offering practical suggestions on how to give up.

Format Video
 Language Chinese
 Cost £20.00
 Published 1998
 Contact Community Relations and Health promotion
 East London and the City Health Authority
 81-91 Commercial Road
 London
 E1 1RD
 0171 655 6600

Contact GASP
<http://www.gasp.org.uk>

The cost of Smoking : Somali.

Description This video is aimed at male Moslem smokers their reasons for smoking and major reasons for giving up.

Format Video
 Language Somali
 Cost £20.00
 Published 1996
 Contact Community Relations and Health promotion
 East London and the City Health Authority
 81-91 Commercial Road
 London
 E1 1RD
 0171 655 6600

Quit and get fit.

Description This leaflet presents tips on stopping and staying stopped smoking. It also highlights ways to improve your exercise regime and eating a balanced diet.

Format Leaflet
 Language English, Punjabi, Urdu
 Cost £0.25
 Published 2002

Women's Health

Abortion

Questions women ask about abortion.

Description	This leaflet presents information on the legal aspects of abortion, at what stage of pregnancy an abortion can be carried out and what the operation will involve.
Format	Leaflet
Language	Chinese, English, Farsi, Punjabi, Turkish
Cost	Free to download
Published	2001
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Breast Feeding

Breastfeeding: complementary and supplementary feeds.

Description	This leaflet presents information on complementary and supplementary feeds for breastfeeding.
Format	Leaflet
Language	Arabic, Chinese, Somali, Turkish
Cost	Free to download
Published	2002
Contact	Royal Women's Hospital Available via NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Breast Feeding or bottle Feeding – which is best for babies?

Description	This leaflet presents information on breast-feeding and bottle-feeding your baby.
Format	Leaflet
Language	Arabic, Chinese, English, Turkish
Cost	Free to download
Published	1997
Contact	NSW Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Milk and toddlers.

Description	This leaflet presents tips on weaning babies from milk.
Format	Leaflet
Language	Arabic, Chinese, English
Cost	Free to download
Published	2003
Contact	National Child Nutrition Programme Australia Available via Multicultural Health Communication Service Australia mhcs@doh.health.nsw.gov.au http://mhcs.health.nsw.gov.au

Successful breastfeeding.

Description	This leaflet presents information on breastfeeding your baby, getting started, frequency of feeds, breast problems and getting help.
Format	Leaflet
Language	Chinese, English

Cost Free to download
 Published Unknown
 Contact NSW Multicultural
 Health Communication
 Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Contraception

Contraceptive pills for women.

Description This leaflet presents information on contraceptive pills for women, procedures for taking the pill, health benefits, side effects and other choices for contraceptive.

Format Leaflet
 Language Arabic, Chinese, Farsi, Punjabi, Turkish
 Cost Free to download
 Published 2001
 Contact NSW Multicultural
 Health Communication
 Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Your guide to contraception.

Description This leaflet presents information on contraception.

Format Leaflet
 Language Chinese, Punjabi, Urdu
 Cost
 Published
 Contact GGNHSB

Domestic Abuse

Domestic violence hurts the whole family.

Description This leaflet presents information on types of domestic abuse and why it affects a whole family.

Format Leaflet
 Language Arabic, Chinese, English, Somali, Turkish

Cost Free to download
 Published 1998 reviewed 2003
 Contact NSW Multicultural
 Health Communication
 Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Are you experiencing physical or emotional violence from a man you know?

Description This booklet presents information on taking action against a violent man by calling the police and seeing a solicitor.

Format Booklet
 Language Arabic, Chinese, English, Somali
 Cost Free
 Published Unknown
 Contact Westminster Domestic
 Violence Forum
 020 8960 3266

Female Sex Organs and Gynaecological Surgery

Avoiding constipation after vaginal repair surgery.

Description This leaflet presents information on avoiding constipation after vaginal repair surgery.

Format Leaflet
 Language Arabic, Chinese, Somali, Turkish
 Cost Free to download

Published 2002
 Contact The Royal Women's Hospital available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Care after your gynaecological procedure.

Description This leaflet presents information on care after a gynaecological procedure.
 Format Leaflet
 Language Punjabi
 Cost Free to download
 Published 2000
 Contact Vancouver Hospital and Health Sciences Centre, Vancouver Canada
learn@vanhosp.bc.ca

Discharge instructions following abdominal or vaginal hysterectomy and/or repair.

Description This leaflet presents information on discharge instructions following hysterectomy.
 Format Leaflet
 Language Chinese
 Cost Free to download
 Published 1997
 Contact Mount St Joseph Hospital Surgical Day Care, Canada.

Information about D&C.

Description This leaflet presents information about the surgical procedure D&C.
 Format Leaflet
 Language Chinese
 Cost Free to download
 Published 2002

Contact The Richmond Hospital, Richmond, British Columbia, Canada.

Laparoscopy

Description This leaflets presents information about Gyynaecological surgery.
 Format Leaflet
 Language Arabic, Chinese, Somali, Turkish
 Cost Free to download
 Published 2003
 Contact The Royal Women's Hospital available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Hysterectomy

What women should know about hysterectomy?

Description This leaflet presents information on why you may need to have a hysterectomy, details of the surgical procedure and recovery physically and emotionally after surgery.
 Format Leaflet
 Language Arabic, Chinese, English, Turkish
 Cost Free to download
 Published 2000
 Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Menopause

44+ (Part 1)

Description This guide presents information on what is the menopause.

Format Guide

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published Unknown

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

44+ (Part 2)

Description This guide presents information on exercise and diet during the menopause.

Format Guide

Language Arabic, Chinese

Cost Free to download

Published Unknown

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Hormone Replacement Therapy (HRT).

Description This booklet presents information on HRT.

Format Booklet

Language Arabic

Cost Free

Published 2002

Contact Health Resource Centre
Iraqi Community Association
241 King Street
London

W6 9LP

Preparing for a healthy menopause.

Description This leaflet presents information on using a healthy diet and exercise will prepare women better for the menopause.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1997

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Menopause

Description This video presents information on dealing with the menopause.

Format Video

Language English, Punjabi and Urdu

Cost £37.25

Published Unknown

Contact N Films Ltd
<http://www.nfilmsltd.co.uk>

When menopause affects relationships.

Description This leaflet presents information on how the menopause can affect a women's sexuality.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia

mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Female Genital Mutilation

Female genital mutilation.

Description This leaflet presents information on female genital mutilation.

Format Leaflet

Language Arabic

Cost Free

Published 1997

Contact RAINBO
Suite 5A
121 Salusbury Road
London
NW6 6RG

Menstruation

Menstruation – what’s normal and what’s not.

Description This leaflet presents information on what are periods, are they painful, missed periods, heavy periods and toxic shock syndrome.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1999

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Pregnancy and Labour

About epidural during labour.

Description This leaflet presents information on epidural during labour.

Format Leaflet

Language Punjabi

Cost Free to download

Published 1999

Contact Richmond Health Services
Vancouver Canada

Bleeding during early pregnancy.

Description This leaflet presents information on bleeding during early pregnancy.

Format Leaflet

Language Punjabi

Cost Free to download

Published 1999

Contact Richmond Health Services
Vancouver Canada

Caring for your teeth and gums during pregnancy.

Description This leaflet presents information on good oral health during pregnancy.

Format Leaflet

Language Chinese

Cost Free

Published Unknown

Contact Oral Health and Ethnicity Unit,
University of Leeds.
0171 287 0904

Depression during pregnancy and early parenthood.

Description This leaflet presents information on signs and symptoms of depression, causes of depression, treatment options and coping strategies.

Format leaflet

Language Arabic, Chinese, English, Farsi, Punjabi, Turkish

Cost Free to download

Published 2003

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Diabetes in pregnancy – gestational diabetes.

Description This leaflet presents information on what is gestational diabetes and what a pregnant women needs to do to cope with gestational diabetes.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 2000

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

How diet can prevent birth defects.

Description This leaflet presents information on eating folate-rich foods to prevent neural tube defect problems.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 1995

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

<http://mhcs.health.nsw.gov.au>

Information for women experiencing a miscarriage.

Description This leaflet presents information for women experiencing a miscarriage.

Format Leaflet

Language Chinese

Cost Free to download

Published 2000

Contact Vancouver Hospital and Health Sciences Center Canada

Planning a pregnancy.

Description This leaflet presents information on rubella, eating healthily, quitting smoking, alcohol and drugs for women wanting to conceive.

Format Leaflet

Language Arabic, Chinese, English, Turkish

Cost Free to download

Published 2000

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Sad feelings after childbirth – a “hidden” problem.

Description This leaflet presents information of postnatal depression- the symptoms, causes, reducing the risks and getting help.

Format Leaflet

Language Arabic, Chinese, English, Farsi, Punjabi

Cost Free to download

Published 2001

Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Stages of pregnancy and labour.

Description This guide presents information on the stages of pregnancy and labour.

Format Guide
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published Unknown
Contact Health and Information Translation Services
Department of Health
New South Wales

Ultrasound

Description This leaflet present information on ultrasound.

Format Leaflet
Language Arabic, Turkish
Cost Free to download
Published 2003
Contact The Royal Women's Hospital
Available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Ultrasound examination preparation.

Description This leaflet presents information on guidance and preparation for ultrasound.

Format Leaflet

Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1994
Conatct NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Women and HIV parenting.

Description This leaflet presents information on HIV and pregnancy, HIV and children.

Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 1997
Contact Family Planning NSW and AIDFS Council of NSW
Available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
<http://mhcs.health.nsw.gov.au>

Women and HIV pregnancy.

Description This leaflet presents information on being HIV positive and pregnant or wanting to become pregnant.

Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 1997
Contact Family Planning NSW and AIDFS Council of NSW
Available via

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Health Communication
Service Australia
[mhcs@doh.health.nsw.
gov.au](mailto:mhcs@doh.health.nsw.gov.au)
[http://mhcs.health.nsw.
gov.au](http://mhcs.health.nsw.gov.au)

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This directory is also available to download electronically as a PDF file at www.nhsgg.org.uk.

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