

Mental Health Care in Translation

[Note: This list was developed by the Massachusetts Department of Mental Health/Office of Multicultural Affairs, and is accurate as of September 2008. *Italicized descriptions* have been reproduced from the specific website. Questions may be directed to joy.connell@dmh.state.ma.us.]

Mental Health

Aging Clinical Research Center

<http://www.stanford.edu/~yesavage/GDS.html>

Geriatric Depression Scale available in *Arabic, Chinese, Creole, Dutch, French, French-Canadian, German, Greek, Hebrew, Hindi, Hungarian, Icelandic, Italian, Japanese, Korean, Lithuanian, Malay, Maltese, Norwegian, Portuguese, Romanian, Russian, Russian Ukrainian, Spanish, Swedish, Thai, Turkish, Vietnamese*, and *Yiddish*.

American Academy of Child and Adolescent Psychiatry

<http://www.aacap.org/page.wv?section=Facts+for+Families&name=Facts+for+Families>

“Facts for Families” provides information on issues that affect children, adolescents and their families. Translated material is available in *Spanish, German, Malaysian, Polish, Icelandic, Arabic* and *Hebrew*.

Befrienders Worldwide

<http://www.befrienders.org/index.asp>

Befrienders centers work to reduce suicide worldwide with 31,000 volunteers in almost 40 countries.

Affiliated with Samaritans, the website offers general information about suicide, including statistics, warning signs and prevention in multiple languages.

Centre for Addiction and Mental Health

http://www.camh.net/About_Addiction_Mental_Health/Multilingual_Resources/index.htm

Informational fact sheets are available in English, *French, Amharic, Chinese, Farsi, Greek, Hindi, Italian, Polish, Portuguese, Punjabi, Serbian, Somali, Spanish, Tagalog, Tamil*, and *Urdu*.

General Perceived Self-Efficacy Scale (GSE)

<http://userpage.fu-berlin.de/~health/selfscal.htm>

10-item psychometric scale available in 30 languages

Mind

<http://www.mind.org.uk/Information/BT.htm>

Mental health information booklets available in a wide number of languages. Audio recordings are also available in **Dari, French, Kurdish, Polish** and **Somali**.

Multicultural Mental Health Australia

<http://www.mmha.org.au/>

Fact sheets for consumers and providers are available on numerous mental health topics.

National Alliance for the Mentally Ill (NAMI)

http://www.nami.org/Content/NavigationMenu/Inform_Yourself/NAMI_en_espa%C3%B1ol/NAMI_en_espa%C3%B1ol.htm

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses.

A **Spanish** version of the website is available with fact sheets and other educational materials on mental illness.

<http://www.nami.org/Template.cfm?Section=MIO&Template=/ContentManagement/ContentDisplay.cfm&ContentID=13569>

Materials are also available in **Chinese** at this page on the site.

National Asian American and Pacific Islander Mental Health Association

<http://www.naapimha.org/issues/Consumers.html>

Flyers on symptoms and other information on bipolar disorder, depression and schizophrenia are available in **Chinese, Korean, Vietnamese, Khmer, Hmong** and English.

National Mental Health Information Center

Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, U.S. Department of Health and Human Services

http://nmhicstore.samhsa.gov/publications/Publications_browse.asp?ID=67&Topic=Espa%F1ol

A number of fact sheets, brochures and guides on mental health topics are available in **Spanish**.

Patient Health International

<http://www.patienthealthinternational.com/node/525916.aspx>

This website, developed by AstraZeneca, has a Patient-Psychiatrist communication tool called "2-com". *The 2-COM checklist has been put together to help you talk more openly with your doctor or your nurse about any problems you might be having. By knowing more about your problems, your doctor or nurse may be able to do more to*

help you. It can be difficult to remember to mention all the things that are bothering you when you go to see the doctor. The 2-COM list will help you to remember the things that you want to talk about with the doctor at your appointment.

The 2-Com tool is available in **Danish, Dutch, English, Finnish, French, German, Italian, Spanish** and **Turkish**.

Royal College of Psychiatrists, The

<http://www.rcpsych.ac.uk/mentalhealthinformation/languages.aspx>

The website offers translations of mental health materials and links to websites for each community. Translated material is available in **Arabic, Bengali, Chinese, French, Hindi, Greek, Gujarati, Persian, Polish, Punjabi, Russian, Spanish, Urdu**, and **Welsh**.

Strengths and Difficulties Questionnaire (SDQ)

<http://www.sdqinfo.com/b3.html>

Screening instrument for children and youth available in multiple languages

Transcultural Mental Health Centre

Diversity Health Institute

<http://www.dhi.gov.au/tmhc/resources/translations.htm>

Practical guides and fact sheets for individuals and families in multiple languages.

General Health Care, including Mental Health

24 Languages Project, The

<http://library.med.utah.edu/24languages/>

Electronic access to over 200 health education brochures in 24 different languages.

The 24 Languages Project provides information in audio formats as well as pdf documents. Thanks to a grant from the National Network of Libraries of Medicine, many of the materials are also available as sound recordings for downloading or immediate listening. Native speakers of the respective languages furnish the narrations, which are recorded, encoded, and linked to the project's Website for easy access.

Asian American Health

National Library of Medicine

<http://asianamericanhealth.nlm.nih.gov/>

An information portal to issues the health and well-being of Asian Americans in the United States.

Asian and Pacific Islander Institute on Domestic Violence

<http://www.apiahf.org/apidvinstitute/ResearchAndPolicy/materials.htm>

Domestic violence materials in Asian and Pacific Islander languages. Languages include Arabic, Bengali/Bangla, Cambodian/Khmer, Chinese, Farsi, Gujarati, Hindi, Hmong, Japanese, Korean, Laotian, Oriya, Punjabi, Samoan, Tagalog, Tamil, Thai, Tongan, Urdu, and Vietnamese. Most of these have accompanying English translations.

Centers for Disease Control

<http://www.cdc.gov/spanish/>

Spanish version of the CDC website. The section on “Injury, Violence and Prevention” has material on suicide and sexual violence.

ECHO (Emergency, Community and Health Outreach)

<http://www.echominnesota.org/index.cfm/p/Home>

ECHO provides health and safety information in multiple languages by fax, phone, on television and on the web during emergency and non-emergency times to people with limited English language skills.

The website itself is available in **Khmer, Somali, Vietnamese, Lao, Spanish, Hmong** and English versions. Numerous health and safety topics are presented in English, but accompanying videos are available for each of the above languages. Mental Health topics include “How to Talk to Kids about Crisis” and “Mental Health Help”.

EthnoMed

http://www.ethnomed.org/ethnomed/patient_ed/

Patient education materials in multiple languages, including languages of lesser diffusion spoken by many refugee groups. Includes a section on Mental Health.

EurasiaHealth Knowledge Network

<http://www.eurasiahealth.org/eng/>

*EurasiaHealth is a clearinghouse of freely available resources contributed, created and translated by a worldwide community of health professionals focusing on **Central & Eastern Europe and the New Independent States.***

In the section under “Community/Patient Resources,” there are a number of mental health documents available.

Healthfinder.gov

<http://www.healthfinder.gov/espanol/>

Your Guide to Reliable Health Information sponsored by the Office of Disease Prevention and Health Promotion

Spanish version of the website is available. There is a category for Mental Health information.

Health Information Translations

<http://www.healthinfotranslations.com/>

Health Information Translations [is] a collaborative initiative to improve health education for limited English proficiency patients.

This site is intended to be a valuable resource for helping health care professionals teach health education to those patients with limited English skills. By leveraging the combined skills and experience of 3 of Central Ohio's largest health care organizations, this project will produce some of the most valuable resources for health care education in diverse communities.

In addition, Health Information Translations has developed a set of common hospital signs with multiple translations. This signage is provided to meet the needs of hospitals, clinics, emergency response teams and others who assist the public during emergencies and at other times. The files are in PDF format to decrease the chance of symbols changing with certain fonts. Contact the project team if EPS format is needed. Signs can be used without copyright restrictions. Use the [hospital signs](#) now. Some signs included are [Men's Restroom](#), [No Food or Drink](#), [No Parking](#), [Turn Off Cell Phones](#), [Vaccination Area](#), [Volunteer Center](#), and [more](#).

Health topics include "Stress and Coping."

Health Translations Directory

Victorian Government Health Information Web Site

Department of Human Services

Victoria, Australia

<http://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf>

Over 7,000 multilingual resources in 58 languages are available through this portal providing direct links to translations with capacity to search by language and by topic.

Health Translations.Com

<http://www.healthtranslations.com/aspx/topics/search.aspx?s=y&keyword=&languageid=0&topicid=14>

HealthTranslations.com serves as a repository of translated materials specific to health care. The site includes more than 650 translated documents and more than 70 resources for non-English speaking individuals. HealthTranslations.com is unique because translated documents extend beyond the more common languages and dialects to the less common, such as Bosnian. This contributes to a provider's ability to give the same quality of care to all patients, regardless of their proficiency in English.

Healthfinder.Gov

<http://www.healthfinder.gov/espanol/>

healthfinder.gov is an award-winning Federal Web site for consumers, developed by the U.S. Department of Health and Human Services together with other Federal agencies.

Since 1997, healthfinder.gov has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet.

healthfinder.gov links to carefully selected information and Web sites from over 1,500 health-related organizations.

*A **Spanish** version of the website is available.*

Healthy Roads Media

<http://www.healthyroadsmedia.org/index.htm>

Health information access is a basic healthcare need. Low-literacy, low health-literacy, illness, aging, disability and language are all issues that can pose barriers to obtaining basic health information. This site contains free health education materials in a number of languages and a variety of formats. They are being developed to study the value of using information technology strategies to in provide meaningful access to health information for diverse populations in a variety of settings.

Currently, information is available in currently 18 languages, 100 topics, 5 formats.

KidsHealth

<http://kidshealth.org/index.html>

KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence.

There are 3 separate areas for parents, children and teens, with a **Spanish** version available.

Medicare

The Official U.S. Government Site for People with Medicare

<http://www.medicare.gov/Spanish/Overview.asp>

Spanish version of the Medicare website is available.

MedlinePlus

<http://medlineplus.gov/>

MedlinePlus will direct you to information to help answer health questions. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. Preformulated MEDLINE searches are included in MedlinePlus and give easy access to medical journal articles. MedlinePlus also has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.

Health information in over 40 languages is available, as is a **Spanish** version of the website.

Multikulti

<http://www.multikulti.org.uk/en/health/>

This website offers information on several topics, with booklets on “How to Improve Your Mental Well-Being” “Post-Natal Depression” and “Post Traumatic Stress” available in **Albanian, Arabic, Bengali, Cantonese, Farsi, French, Gujarati, Somali, Spanish** and **Turkish**.

Multicultural Health Communication Service

New South Wales, Australia

<http://www.mhcs.health.nsw.gov.au/index.html>

NSW Multicultural Health Communication Service (Multicultural Communication) provides information and services to assist health professionals to communicate with

non English speaking communities throughout New South Wales. The [NSW Department of Health](#) funds the Service, and endorses the multilingual health information published on the website. There are over 450 publications on health in a wide range of languages and new publications are added regularly. Some multilingual resources produced by other services are also posted on this website and there are links to related websites.

National Alliance for Hispanic Health

<http://www.hispanichealth.org/factsheets/>

Fact sheets available in **Spanish** on numerous topics including Depression and Post Partum Depression.

National Dissemination Center for Children with Disabilities

<http://old.nichcy.org/spanish.htm>

Spanish version of this website offers information on specific disabilities, programs, services and additional resources, including a bilingual call-in number.

National Institute on Aging

<http://www.nia.nih.gov/Espanol/>

Health information related to aging is available in **Spanish**.

National Resource Center on Advancing Emergency Preparedness for Culturally Diverse Communities

http://www.diversitypreparedness.org/Resources/23/resourceTypeld_7782/

The mission of the National Resource Center is to serve as a central clearinghouse of resources and an information exchange portal to facilitate communication, networking and collaboration to improve preparedness, build resilience and eliminate disparities for culturally diverse communities across all phases of an emergency.

Educational materials for individuals, families and communities are available throughout this site.

New York Online Access to Health (NOAH)

Acceso Computerizado de la Salud en Nueva York

<http://www.noah-health.org/>

*NOAH provides access to high quality consumer health information in English and **Spanish**. The NOAH volunteer editors do not write this information. Instead, librarians and health professionals in New York and beyond find, select, and organize full-text consumer health information that is current, relevant, accurate and unbiased.*

Oakwood Hospital

Detroit, Michigan

<http://www.oakwood.org/?id=8&sid=1>

This website has information on various health topics available in **English, Spanish** and **Arabic** with a focus on issues related to seniors.

Office for Civil Rights

U.S. DHHS

<http://www.hhs.gov/ocr/hipaa/>

HIPAA materials for consumers available in **Chinese, Korean, Polish, Russian, Spanish, Tagalog, and Vietnamese**.

Refugee Health Information Network (RHIN)

Multilingual Health Information for Refugees and their Providers

<http://www.rhin.org/default.aspx>

RHIN is a national collaborative partnership that has created a database of quality multilingual, public health resources for those providing care to resettled refugees and asylees. Resources include: Health education materials in various languages and formats (brochures, fact sheets, videos); Provider tools (including information on refugee populations and cultures); Links to related Web sites. RHIN also provides links to existing sites specializing in refugee health, provides access to medical information from the National Library of Medicine, and offers a variety of posted documents from health care providers throughout the country.

Queensland Health

<http://www.health.qld.gov.au/multicultural/public/language.asp>

Multilingual health information with search capacity by topic or language.

Sounds Healthy

http://www.surgerydoor.co.uk/3cities/index_audio.html

This website offers both print and audio downloads of health information in **Arabic, Bengali, Chinese, English, Gujarati, Punjabi, Somali, and Urdu**.

South Carolina Hospital Association

http://www.scha.org/document.asp?document_id=2,3,36,3491,3494

This website offers a "Universal Medication Form" in English and **Spanish** designed to help consumers keep track of their medications.

SPIRAL (Selected Patient Information Resources in Asian Languages)

<http://www.library.tufts.edu/hsl/spiral/>

Consumer education materials available in **Chinese, Hmong, Japanese, Khmer, Korean, Laotian, Thai and Vietnamese**. Search capacity by language and by topic

Stanford Health Library

Stanford Hospital and Clinics – Multilingual Health Information

http://healthlibrary.stanford.edu/resources/foreign_intro.html

The primary source of General Health Information in Spanish is MedlinePlus, which draws from the National Institutes of Health and many other sources. There is a variety of sources for the information in all the other languages.

Urban Health Partners

<http://www.lib.wayne.edu/shiffman/urbanhealth/index.html>

This website offers health education material in **Arabic**.

U.S. Committee for Refugees and Immigrants (USCRI)

<http://www.refugees.org/article.aspx?id=1851&subm=178&area=Participate>

The USCRI Healthy Living Toolkit is designed to educate refugees and immigrants to become proactive health consumers and promoters in their communities. The Toolkit supports health professionals, health promoters, ESL teachers, resettlement case managers in assisting refugees and immigrants to navigate the health system in order to reduce the health disparities among these populations. The toolkit has been developed in a culturally appropriate manner.

Utah Department of Health

<http://health.utah.gov/cmh/>

The State of Utah's Department of Health has a Center for Multicultural Health which includes a library of health education materials in multiple languages. The Center also has a section titled "Language Help" which has an excellent list of resources for both patients and providers including language aids, interpreting and translation resources, and serving low reading level clients.

Womenshealth.gov

The Federal Government Source for Women's Health Information

<http://www.4women.gov/espanol/>

Includes a **Spanish** resource area.