

Finding the right help: Pathways for culturally diverse clients with cannabis use and mental health issues

This qualitative study examines the experiences of those with co-existing issues engaging with mental health or alcohol and other drugs services. Results found that engaging with specialist services was challenging for nearly all the clients interviewed, yet it appeared even more so for those from Culturally and Linguistically Diverse (CALD) backgrounds. This was largely due to additional challenges and pressures relating to their migration experiences, language barriers and not understanding the Australian healthcare system. Despite the challenges, clients spoke highly of the services and workers they were currently engaged with, identifying what they had found helpful and providing recommendations for addressing co-existing issues and working with clients from CALD backgrounds.

This research was conducted jointly by the Drug and Alcohol Multicultural Education Centre (DAMEC) and the National Cannabis Prevention and Information Centre (NCPIC). The project was funded by the NSW Health Department and supported by the Network of Alcohol and other Drug Agencies (NADA). For hard copies of the summary report contact research@damec.org.au

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