

If you need assistance:

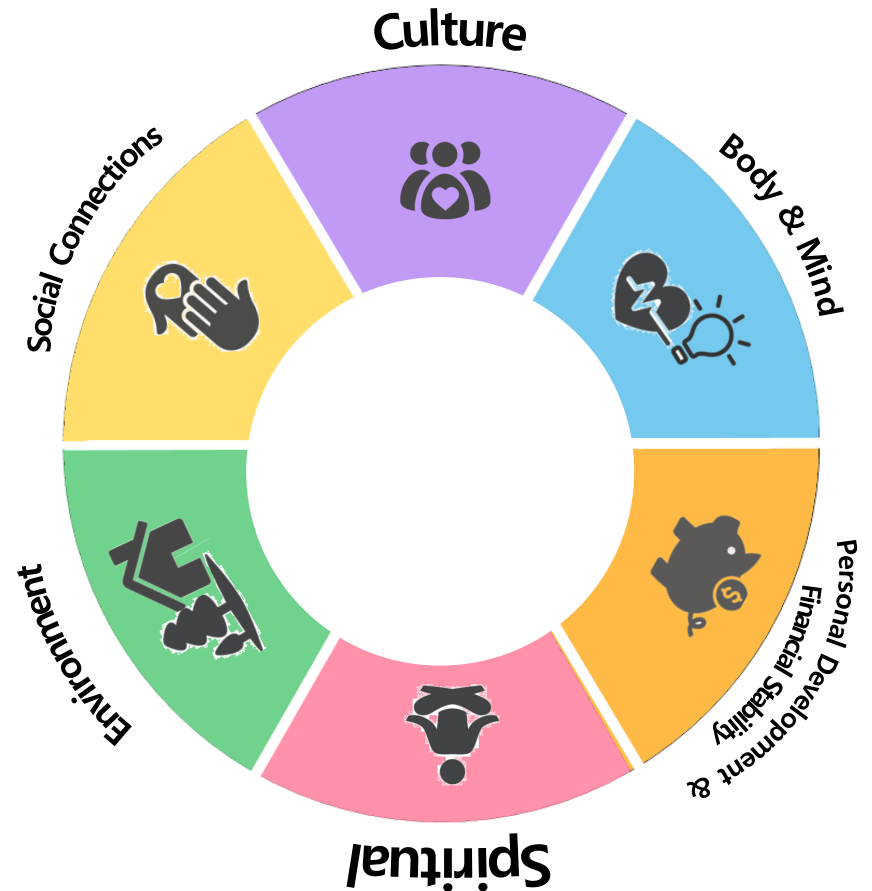
In an emergency call triple zero for immediate support (000)

Organizations	Services	Contacts
ECCQ Chronic Disease Program	Free culturally appropriate health education, information and support on chronic disease prevention and self-management.	Phone: 07 3844 9166 Website: www.eccq.com.au
Queensland Transcultural Mental Health Centre (QTMHC)	Clinical consultation and assessment service.	Individuals to call Mental Health Line on 1800 011 511
Queensland Program of Assistance to Survivors of Torture and Trauma (QPASTT)	Free mental health and counselling support	Phone: 07 3391 6677 www.qpastt.org.au
World Wellness Group (WWG)	Community-based psycho-social support to improve social, emotional and mental wellbeing.	Phone: 07 3333 2100
Harmony Place	Free mental health services including individual and group therapeutic sessions as well as case coordination.	Phone: 07 3412 8282
Translating and Interpreting service (TIS)	If you do not speak English, use translating and interpreting service to have language support.	Phone: 131 450
Your General Practitioners (GPs)	Ask your GP for a Mental Health Care Plan. You will be entitled for up to 10 free individual and 10 free group appointments with some allied mental health services in a year.	

Wheel of Happiness

The Wheel of Happiness is developed by Ethnic Communities Council of Queensland (ECCQ) Chronic Disease Program team based on the original idea from the Wheel of Wellbeing (www.wheelofwellbeing.org).

Each of us responds to stress and handles events in our life differently. The 6 important areas highlighted in this resource was based on the feedback of Australians from migrant and refugee backgrounds. We hope that you can try some of our suggestions to improve your overall health and wellbeing.



Disclaimer: This resource is not to replace any medical advice. Please always contact your health professionals for your own medical advice.

ECCQ Chronic Disease Program provides vital culturally appropriate and translated information, education and support about chronic disease prevention and self-management to the community through face to face, telephone and online platforms.

If you need more information, please contact us at **07 3844 9166** or www.eccq.com.au



Culture

Keep connections to your roots

- Attend cultural events.
- Maintain positive traditional practices.
- Cook and share traditional foods.
- Promote cultural safe practices and services.



Body & Mind

Look after yourself

- Go travel and explore new places.
- Take up new hobbies.
- Join sports or music clubs in your community.
- Try to have less salt, fat & sugar in your everyday diet.
- Take the time to exercise.
- Maintain a healthy work-life balance.



Personal Development & Financial Stability

Improve your skills and achieve financial independence

- Always strive to achieve goals.
- Push yourself to do something out of your comfort zone.
- Find online courses and learn new skills.
- Evaluate your expenses and create a savings.
- Learn budgeting and money management skills.



Spiritual

Freely practice your own faith and spirituality

- Find time and your space to practice your religion.
- Meditate.
- Connect with your local religious groups.
- Attend religious festivals.



Environment

Learn about your social & physical environment

- Learn and defend your rights in Australia.
- Contact your local representative to create change.
- Connect with organisations dedicated to helping you (e.g. ECCQ).
- Follow the 3 R's: Reduce, Reuse and Recycle.



Social Connection

Make connections and develop your social skills

- Reach out to your loved ones often.
- Volunteer.
- Connect with your local groups.
- Attend free local or networking events.

How is your wellbeing?

To create your own Wheel of Happiness:

Please colour in each area that you are currently focusing on and identify areas that you would like to add some activities. You can write down your own activities in the spaces provided.

