Depression: Assyrian

Depression is a common mental disorder that affects many people around the world. It can cause feelings of sadness, hopelessness, and worthlessness, which can seriously affect a person's life. In Assyrian culture, depression is often viewed in different ways and can be influenced by various factors, including religious beliefs and cultural practices.

World Health Organisation

Depression is a global health issue that requires a comprehensive approach to prevention, treatment, and management. It is estimated that by 2030, depression will be the leading cause of disability worldwide. The World Health Organisation (WHO) is working to raise awareness and promote the need for effective mental health services and policies.

Embrace: Multicultural Mental Health

Embrace is a program that provides mental health support services to multicultural communities. They offer a range of services, including counseling, therapy, and support groups, to help individuals and families better manage mental health challenges. Embrace is committed to promoting mental health and well-being in multicultural communities.
Embrace Multicultural Mental Health's CALD Mental Carer
Mental Health Australia


http://www.mentalhealth.org.uk/a-to-z/d/depression

https://www.mentalhealth.org.uk/a-to-z/d/depression


https://www.health.org.uk/a-to-z/d/depression
