

# CULTURALLY AND LINGUISTICALLY DIVERSE SERVICES

#### Ishar Multicultural Women's Health Services

#### https://www.ishar.org.au/

Perth, WA The service provides a range of holistic services, including psychologists and counsellors, to women from all walks of life and cultural background. They are a LGBTI+ friendly service and will support anyone who identifies as a woman or was assigned a female identity at birth.

## Embrace Multicultural Mental Health

### https://embracementalhealth.org.au/

Empowering Australians from multicultural backgrounds to embrace mental health and wellbeing. Find mental health support and information and resources in multiple languages.