

Information Sheet on Translated Materials

A range of mental health materials have been translated into a number of languages. These can be accessed by following the links below.



Lothian – Psychological Interventions Network

ARABIC

What is anxiety or worry? Library and Resource Centre 0131 536 9451/2/3

How to cope with panic attacks Arabic
<http://www.mind.org.UK/Information/BT.htm>

Understanding anxiety Arabic
<http://www.mind.org.UK/Information/BT.htm>

Understanding bereavement Arabic
<http://www.mind.org.UK/Information/BT.htm>

Understanding postnatal depression Arabic
<http://www.mind.org.UK/Information/BT.htm>

Understanding schizophrenia Arabic
<http://www.mind.org.UK/Information/BT.htm>

Understanding self-harm Arabic
<http://www.mind.org.UK/Information/BT.htm>

BENGALI

What is anxiety or worry? Library and Resource Centre 0131 536 9451/2/3

How to cope with panic attacks Bengali
<http://www.mind.org.UK/Information/BT.htm>

Understanding anxiety Bengali
<http://www.mind.org.UK/Information/BT.htm>

Understanding postnatal depression Bengali
<http://www.mind.org.UK/Information/BT.htm>

CHINESE

What is anxiety or worry? Library and Resource Centre 0131 536 9451/2/3

Self Care Depression Program
www.changeways.com

Chinese Mental Health Association (CMHA) has translated several Mind booklets into Chinese. These are available from CMHA, 2nd Floor, Zentih House, 155 Curtain Road, London EC2 3QA
Tel. 020 7613 1008 <http://www.cmha.org.uk>

POLISH

Talking About Postnatal Depression
NHS Health Scotland 0131 536 5500

Understanding depression Polish
<http://www.mind.org.UK/Information/BT.htm>

Understanding anxiety Polish
<http://www.mind.org.UK/Information/BT.htm>

Understanding self-harm Polish
<http://www.mind.org.UK/Information/BT.htm>

FRENCH

How to cope with panic attacks French
<http://www.mind.org.UK/Information/BT.htm>

Understanding anxiety French
<http://www.mind.org.UK/Information/BT.htm>

Understanding bereavement French
<http://www.mind.org.UK/Information/BT.htm>

Understanding postnatal depression French
<http://www.mind.org.UK/Information/BT.htm>

Understanding self-harm French
<http://www.mind.org.UK/Information/BT.htm>

Understanding schizophrenia French
<http://www.mind.org.UK/Information/BT.htm>

Self Care Depression Program
www.changeways.com

GUJARATI

How to cope with panic attacks Gujarati
<http://www.mind.org.UK/Information/BT.htm>

Understanding anxiety Gujarati
<http://www.mind.org.UK/Information/BT.htm>

Understanding postnatal depression Gujarati
<http://www.mind.org.UK/Information/BT.htm>

Understanding self-harm Gujarati
<http://www.mind.org.UK/Information/BT.htm>

Understanding schizophrenia Gujarati
<http://www.mind.org.UK/Information/BT.htm>

PUNJABI

Self Care Depression Program
www.changeways.com

URDU

What is anxiety or worry? Library and resource Centre 0131 536 9451/2/3

Talking About Anxiety Disorders
NHS Health Scotland 0131 536 5500

Talking About Depression NHS Health Scotland
0131 536 5500

OTHER SOURCES OF INFORMATION

MultiKulti is a website that has a range of health information in a range of languages
www.multikulti.org