



*Invitation to participate in our study exploring Mental Health Help-seeking among the Sri Lankan population of Australia*

The emotional health of immigrants and their family is recognized as an important part of a successful life. Unfortunately, little is known about how members of the Sri Lankan community in Australia seek help for emotional distress.

If you are 18 years or over and of Sri Lankan background, we would appreciate your help to understand how this community responds to emotional distress. You are invited to complete a short, 15 – 20 minute online survey asking you to read six situations and indicate where you would seek help for yourself or a friend or family member. The survey can be completed in English or Sinhala.

The survey is a research project conducted by Western Sydney University Postgraduate Clinical Psychology student Ms. Makavitage Ravina Perera and supervised by Dr Roy Laube.

If you would like more information or are interested in participating, please follow the below link to be taken to the information page.

[https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV\\_aVoSKyx4aJMU3k2](https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV_aVoSKyx4aJMU3k2)

Thank you for your time!