



## Health Resources in Arabic

This document provides an overview of BC and Canadian health resources that have been translated in Arabic. It also lists health care providers in Metro Vancouver who accept Interim Federal Health coverage and the languages in which they provide services.

### ***British Columbian Resources***

#### BC Newcomers' Guide

<http://www.welcomebc.ca/In-Your-Language/Arabic.aspx>

Published by the Government of British Columbia, the BC Newcomers' Guide is a comprehensive guide to settlement related topics for newcomers to British Columbia. Chapters highlight key settlement topics such as Health Care, Education, and Employment and Business. The link above provides a downloadable pdf version of the BC Newcomers' Guide and complementary videos, all in Arabic.

Printed copies of the BC Newcomers' Guide can be ordered here:

<http://www.welcomebc.ca/Communities-and-Service-Providers/Service-Providers/resources-training/orderform.aspx>

#### Here to Help Info Sheets

<http://www.heretohelp.bc.ca/other-languages#arabic>

HeretoHelp is a project by seven leading mental health and addictions non-profit agencies in BC. Several of their mental health fact sheets have been translated into Arabic. Topics include Mental Disorders: What Families and Friends Can Do to Help; Post-traumatic Stress Disorder; and Youth and Substance Use.

#### BC Early Hearing Program

<http://www.phsa.ca/our-services/programs-services/bc-early-hearing-program/additional-resources/translated-materials>

The BC Early Hearing Program (BCEHP) is a province-wide screening program to check hearing for babies born in British Columbia. The program provides services such as hearing screening and hearing testing as well as family supports following identification of hearing loss. Translated documents in Arabic include screening brochures, information for parents, and family brochures.

*Disclaimer: The information in this document is intended to provide you with general health information. While every effort has been made to offer current and accurate information, S.U.C.C.E.S.S. disclaims all liability and responsibility for any errors or omissions in the content contained in this document.*



### Health Care Providers in Metro Vancouver who accept Interim Federal Health

The service providers below were compiled by the Refugee Health Vancouver website. The contributors are Metro Vancouver clinicians with expertise in refugee medicine.

Eye Doctors and Languages Spoken:

[http://www.refugeehealth.ca/sites/default/files/Eye%20%26%20Dental%20accept%20IFH%20Sept%2015.doc\\_0.pdf](http://www.refugeehealth.ca/sites/default/files/Eye%20%26%20Dental%20accept%20IFH%20Sept%2015.doc_0.pdf)

Dentists and Languages Spoken:

<http://www.refugeehealth.ca/sites/default/files/Dental%20accept%20IFH%20Feb%2015.pdf>

Vancouver Association for the Survivors of Torture (services in Arabic available):

<http://vast-vancouver.ca/>

### HealthLink BC

HealthLink BC provides non-emergency health information and advice in British Columbia. You can call 8-1-1 to speak to a registered nurse at any time of the day or night. Translation services are available in more than 130 languages.

### ***Canada-wide Resources***

Canadian Mental Health Association (Edmonton Office):

<http://edmonton.cmha.ca/mental-health/multi-language-brochures/#.VmXYY3arQdV>

Canadian Mental Health Association – Edmonton Region (CMHA Edmonton) is a non-profit volunteer agency. It works in partnership with other community agencies to educate, advocate, and provide mental health support. Translated brochures include topics such as: Children and Discipline, How to Cope with Stress, and Sad Feelings after Childbirth.

Health Canada - Eating Well with Canada's Food Guide

[http://www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/guide\\_trans-trad-arabic\\_v.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/guide_trans-trad-arabic_v.pdf)

Health Canada is the Federal department responsible for helping Canadians maintain and improve their health. Canada's Food Guide is designed to help people follow a healthy diet.

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### About Kids' Health

<http://www.aboutkidshealth.ca/En/HealthAZ/Multilingual/AR/Pages/default.aspx?name=a>

AboutKidsHealth is a leading non-profit information source for children's health. Its mission is to improve the health and wellbeing of children in Canada and around the world by making paediatric health care information available in multiple languages via the Internet. Over 200 articles are available in Arabic including topics such as Immunization "Catch-Up" for Children Who Have Not Been Fully Immunized, Psychological Effects of Disaster on Children, and Babies: How Can You Tell if Your Baby Is Ill?

### Canadian Association of Family Resource Programs

FRP Canada promotes the well-being of families by providing national leadership, consultation and resources to those who care for children and support families. The documents below were created as part of the Welcome Here project, a project to support more welcoming communities through increased participation of immigrant parents at community-based programs.

Why Play? brochures offer information to parents and caregivers on play and child development.

<http://www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1110>

FRP Canada has also created parenting resource sheets in Arabic on topics such as active life, family life, guiding children's behaviour, literacy and numeracy, and play time.

<http://www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1111>

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