

1121 Health resources for women [insert language]

Health resources for women

Now available in **[insert language]**

Contents

| | |
|--|----|
| Translated health information for women | 3 |
| ‘My Body. My Health.’ – a health education toolkit | 4 |
| Heavy periods animation | 7 |
| Introduction: Multilingual fact sheets | 10 |
| Endometriosis fact sheet | 11 |
| Menopause fact sheet | 12 |
| Polycystic ovary syndrome (PCOS) fact sheet | 13 |
| ‘Staying well as you age’ fact sheet | 14 |
| Links and resources | 15 |

Translated health information for women

About Jean Hailes for Women's Health

Jean Hailes for Women's Health is a leader in women's health. We are a national not-for-profit organisation dedicated to improving women's knowledge of health. We do this by providing clinical care and evidence-based health information to women, girls and gender-diverse people, and the health professionals who care for them.



About this document

This document contains details on translated health resources and information for women from Jean Hailes for Women's Health. This is our current suite of translated resources, but we are willing and able to create new resources. Please contact education@jeanhailes.org.au if you would like to discuss further.

Each resource described in this document includes general information about the resource, a link to find the resource on the Jean Hailes website, copy for social media or print publications, and tiles to promote the resource.

‘My Body. My Health.’ – a health education toolkit

Languages available: Arabic, Burmese, Chinese (Simplified), Dari, plain English, Hindi, Karen and Nuer.

'My Body. My Health.' is a series of five educational presentations to help organisations deliver health information to women from migrant and refugee backgrounds.

The presentations are available as PowerPoint presentations. Limited hard copies are available for organisations working with migrant and refugee women.

The presentations were developed with the Centre for Culture, Ethnicity and Health, with input from service providers, clinicians, women from migrant and refugee communities, and multicultural health organisations.

The toolkit is written in plain English and guided by health literacy principles, making it practical, and easy to understand and use. It is specifically designed for women who don't know the Australian healthcare system and struggle to make informed decisions about their health.

The presentations can be delivered by health professionals, educators, social workers or community leaders. They encourage conversations with women about good health.



Link to the toolkit on the Jean Hailes website:
www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit

Promotional copy for print or social media

Example 1

The Jean Hailes 'My Body. My Health.' educational toolkit is now available in **[insert language]**. Designed for health professionals to support migrant communities, the toolkit is available in print and online by visiting:

www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit

Example 2

'My Body. My Health.' is an educational toolkit aimed at helping migrant and refugee women learn about their healthcare needs. The toolkit is available in plain English, Arabic, Burmese, Chinese (Simplified), Dari, Hindi, Karen and Nuer. It can be used by health professionals, educators and organisations that support migrant communities. Find out more:

www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit



Social media tile

The following social media tiles have been provided for your use. Tags and handles have been provided at the end of this document.

Example post

@JeanHailes' 'My Body. My Health' is now available in **[insert language]**. Designed for health professionals to support migrant women, the education toolkit is now available online and in print: www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit



Heavy periods animation

Languages available: Arabic, Dari, English, Hindi, Mandarin and Vietnamese.

Heavy periods, also known as heavy menstrual bleeding, affect around one in five women of child-bearing age. This video provides women with an understanding of heavy menstrual bleeding symptoms and when they should contact a health professional for help. It is the most-watched video on the Jean Hailes website.



Link to the videos on the Jean Hailes website:
www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos



Promotional copy for print or social media

Example 1

Heavy periods, also known as heavy menstrual bleeding, affect around one in five women of child-bearing age. Our animated video about heavy periods is available in six languages – English, Arabic, Dari, Hindi, Mandarin and Vietnamese. For more information on heavy periods, visit: www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding

Example 2

Heavy periods affect around one in five women of child-bearing age. Find out more in this short animation, now translated into **[insert language]**. @JeanHailes Visit: www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos

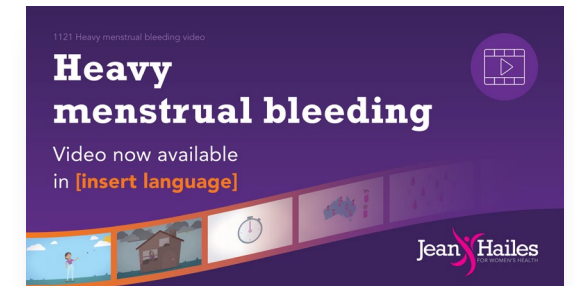
Social media tile

The following social media tiles have been provided for your use. Tags and handles have been provided at the end of this document.

Example post

Heavy periods affect around one in five women of child-bearing age. Find out more in this short @JeanHailes animation, now translated into **[insert language]**.

www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos



Introduction: Multilingual fact sheets

Jean Hailes' fact sheets provide women with a simple, evidence-based overview of endometriosis, menopause, polycystic ovary syndrome (PCOS) and healthy ageing. The fact sheets include important information on causes, symptoms, diagnosis, and helpful advice on what women can do to improve their health.



Link to Endometriosis fact sheet:

www.jeanhailes.org.au/resources/endometriosis-multilingual-fact-sheets

Link to Menopause fact sheet:

www.jeanhailes.org.au/resources/menopause-multilingual-fact-sheets

Link to Polycystic ovary syndrome (PCOS) fact sheet:

www.jeanhailes.org.au/resources/pcos-multilingual-fact-sheets

Link to 'Staying well as you age' fact sheet:

www.jeanhailes.org.au/resources/pcos-multilingual-fact-sheets



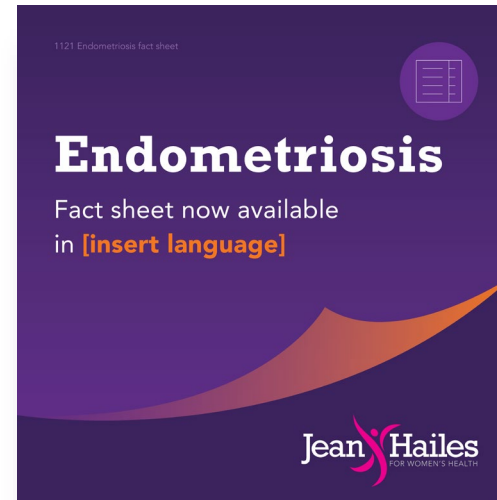
Endometriosis fact sheet

Languages available: Arabic, Chinese (Simplified), Dari, Farsi, Hindi, Sinhala, Tamil and Vietnamese.

Promotional copy for print or social media

Endometriosis means the tissue that normally lines the uterus (or womb) grows in other parts of the body. It affects one in 10 women during the years they have their periods. Learn more in this fact sheet:

www.jeanhailes.org.au/resources/endometriosis-multilingual-fact-sheets



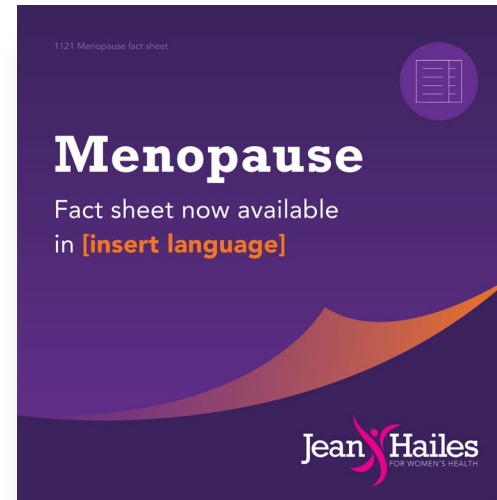
Menopause fact sheet

Languages available: Arabic, Chinese (Simplified), plain English, Farsi, Greek, Hindi, Italian, Turkish and Vietnamese.

Promotional copy for print or social media

Menopause means your final menstrual period. You will only know you have had your final period if you have had no bleeding, spotting or staining for 12 months. Learn more about menopause in this fact sheet:

www.jeanhailes.org.au/resources/menopause-multilingual-fact-sheets



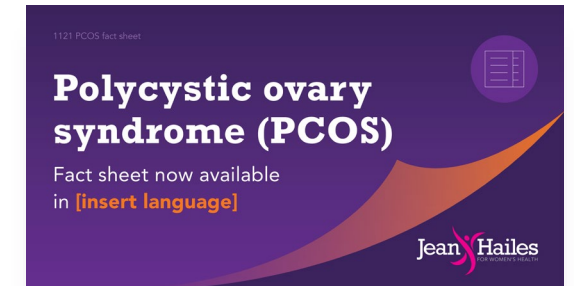
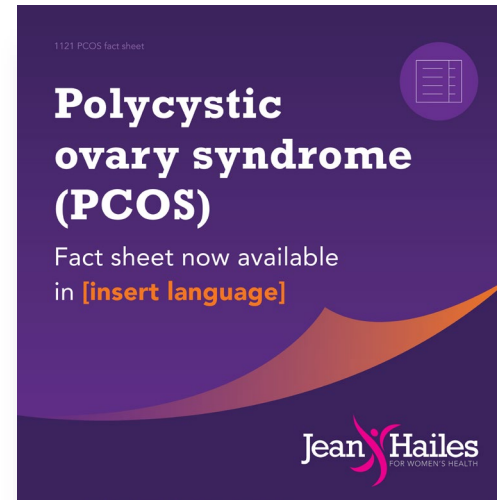
Polycystic ovary syndrome (PCOS) fact sheet

Languages available: Arabic, Chinese (Simplified), Dari, plain English, Farsi, Hindi, Sinhala, Tamil and Vietnamese.

Promotional copy for print or social media

Polycystic ovary syndrome (PCOS) is a hormone imbalance in women. It affects about one in 10 women and usually affects women any time from puberty until around menopause. Learn more in this fact sheet:

www.jeanhailes.org.au/resources/pcos-multilingual-fact-sheets



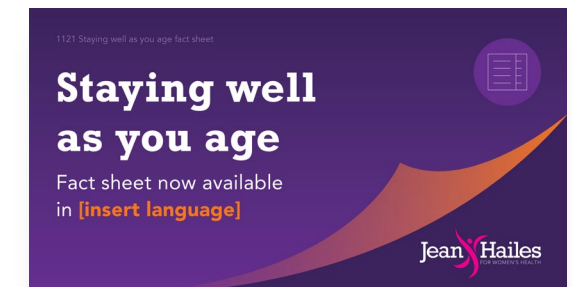
‘Staying well as you age’ fact sheet

Languages available: Arabic, Chinese (Simplified), Chinese (Traditional), Croatian, plain English, Greek, Italian, Korean, Macedonian, Spanish and Vietnamese.

Promotional copy for print or social media

To enjoy life in older age, it is important for you to care for the health of your mind and body. There are many things you can do for your mental health that will help you feel good. Find out more in this fact sheet: **[specific language fact sheet link]**

The Jean Hailes ‘Staying well as you age’ fact sheet is now available in **[insert language]** by visiting www.jeanhailes.org.au/resources/staying-well-as-you-age-fact-sheets



Links and resources

For all social media posts please use the following tags and handles:



Instagram

Username: @jeanhailes

www.instagram.com/jeanhailes



Facebook

Page name: Jean Hailes for Women's Health

www.facebook.com/JeanHailesforWomensHealth



Twitter

Username: @JeanHailes

www.twitter.com/JeanHailes



LinkedIn

Page name: Jean Hailes for Women's Health

au.linkedin.com/company/the-jean-hailes-foundation



YouTube:

Username: Jean Hailes

www.youtube.com/user/JeanHailesFoundation

For more information on Jean Hailes and women's health please visit:

www.jeanhailes.org.au

For a list of all our multilingual resources visit:

www.jeanhailes.org.au/resources?audience=Multilingual

Subscribe to Jean Hailes email newsletters:

www.jeanhailes.org.au/subscribe

To contact Jean Hailes, please email:

education@jeanhailes.org.au