

# Dumplings Against Depression

Uniting Cultures for  
Mental Wellbeing

STAKEHOLDER KIT



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# Acknowledgement of Country

We acknowledge the Traditional Custodians of Country and pay our respect to their Elders past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples.

We recognise their continuing connection to land, waters, and culture, and we honour their invaluable contributions to the rich cultural diversity of Victoria.



# Introduction

## Dumplings Against Depression: Uniting Cultures for Mental Wellbeing

Presented by the Victorian Multicultural Commission in partnership with Solis and funded by the Victorian Collaborative Centre for Mental Health and Wellbeing, Dumplings Against Depression is a community gathering where we'll share a delicious meal and have open, inclusive conversations about mental health and wellbeing.

Dumplings Against Depression 2025 is a unique community event that brings people together over something we all love – dumplings.

Dumplings are a cherished dish in many cultures, making them the perfect symbol for connection and shared understanding across our diverse communities.

The event will be held on Saturday 8 November, 11:15am-3:00pm at the Long Room, Immigration Museum, 400 Flinders St, Melbourne.

This year's event will feature a mental health services expo, panel discussions and interactive activities. Hear from panels of multicultural mental health experts and community voices, browse stalls and meet local service providers, and discover culturally safe and community-based mental health supports.

It will build on the success of previous Dumplings Against Depression events hosted by the Solis collective.

We hope you'll join us in supporting this inclusive, community-led initiative. Together we can break down mental health stigma and sector silos – one dumpling at a time.



# Get involved

**We'd appreciate your support in bringing together people from our diverse communities to explore mental wellbeing.**

## **Attend the event**

Register now for free to attend Dumplings Against Depression 2025: <https://events.humanitix.com/dumplings-against-depression-uniting-cultures-for-mental-wellbeing>

## **Help spread the word!**

Share this event on your social media and in newsletters using the [promotional materials available](#).



# Facebook/Instagram

## Image



## Tag us

### Facebook

@multiculturevic

### Instagram

@multiculturevic

@solis\_culture\_and\_mh

## Social media text

Join us for Dumplings Against Depression 2025 this November – a unique community event that brings people together over something we all love – dumplings!

- Date: Saturday 8 November 2025
- Location: Long Room, Immigration Museum, 400 Flinders St, Melbourne
- Time: 11.15am-3.00pm
- Register now for free: <https://events.humanitix.com/dumplings-against-depression-uniting-cultures-for-mental-wellbeing>

Hear from multicultural mental health experts and community voices, connect with local service providers, and discover culturally safe supports.

You'll be able to browse stalls, meet local service providers, and discover culturally safe, community-based mental health supports.

To wrap up the day, choose from three sessions:

- A mental health roundtable discussion
- An interactive dance session
- A guided tour of 'Joy', an exhibition exploring the power and meaning of joy

Dumplings are a cherished dish in many cultures - from Asia to Europe, Africa to the Caribbean - making them the perfect symbol of connection and shared understanding.

#DumplingsAgainstDepression

# LinkedIn

## Image



## Tag us

@victorian-multicultural-commission

@solis-culturemh

@victorian-collaborative-centre-for-mental-health-and-wellbeing

## Social media text

Join us for Dumplings Against Depression 2025 this November – a unique community event that brings people together over something we all love – dumplings.

Dumplings are a cherished dish in many cultures – from Asia to Europe, Africa to the Caribbean – making them the perfect symbol for connection and shared understanding across our diverse communities.

- Date: Saturday 8 November 2025
- Location: Long Room, Immigration Museum, 400 Flinders St, Melbourne
- Time: 11.15am-3.00pm
- Register now for free: [https://events.humanitix.com/dumplings-against-depression-uniting-cultures-for-mental-wellbeing\\_](https://events.humanitix.com/dumplings-against-depression-uniting-cultures-for-mental-wellbeing_)

You'll hear from panels of multicultural mental health experts and community voices, connect with local service providers, and discover culturally safe, community-based mental health and wellbeing supports.

To wrap up the day, choose from three concurrent sessions:

- A mental health roundtable
- An interactive dance session
- A guided tour of 'Joy', an exhibition exploring the power and meaning of joy

We hope you'll join us in supporting this inclusive, community-led initiative.

#DumplingsAgainstDepression



# Newsletter/blog article

## Dumplings Against Depression: a celebration of culture, connection and mental wellbeing

Dumplings Against Depression 2025 is a unique community event that brings people together over something we all love – dumplings. This free event offers a welcoming space to explore mental wellbeing, with opportunities to connect, share and learn.

- Date: Saturday 8 November 2025
- Location: Long Room, Immigration Museum, 400 Flinders St, Melbourne
- Time: 11.15am-3.00pm
- Register now for free: <https://events.humanitix.com/dumplings-against-depression-uniting-cultures-for-mental-wellbeing>

You'll hear from panels of multicultural mental health experts and community voices, exploring:

- What mental health and wellbeing mean across different cultures
- How to access support services
- How we can care for ourselves and each other during tough times

You'll also be able to browse stalls, meet local service providers, and discover culturally safe, community-based mental health supports.

To wrap up the day, choose from three engaging sessions: a mental health roundtable discussion, an interactive dance session or a guided tour of the Immigration Museum's 'Joy' exhibition.

Dumplings are a cherished dish in many cultures – from Asia to Europe, Africa to the Caribbean – making them the perfect symbol for connection and shared understanding across our diverse communities.

Don't miss this opportunity to connect, learn and celebrate community wellbeing.

# Newsletter/blog article

## Suggested image



# Alt text and image descriptions

## Images



## Why add alt text or image descriptions?

We recommend adding alternative text (alt text) or an image description (ID) that briefly describes the image you publish. This improves accessibility for people who use screen readers and other assistive technology.

If you're using a social media scheduling tool or email marketing platform, you may be able to add alt text directly to the images. Otherwise, consider adding an image description to your post caption or in the first comment on social media.

## Text (social media)

ID: Dumplings Against Depression - Uniting Cultures for Mental Wellbeing. Event details listed in caption. Graphic includes a bowl of dumplings from different cultures, each with cute facial expressions. Logos from partners include the Victorian Multicultural Commission, The Victorian Collaborative Centre, Solis and the Victorian State Government.

## Text (newsletter/blog)

Dumplings Against Depression - Uniting Cultures for Mental Wellbeing. Event details listed in article. Graphic includes a bowl of dumplings from different cultures, each with cute facial expressions. Logos from partners include the Victorian Multicultural Commission, The Victorian Collaborative Centre, Solis and the Victorian State Government.





# Thank you

For more information, please contact:  
**[events@vmc.vic.gov.au](mailto:events@vmc.vic.gov.au)**

We hope to see you at the event!