

FREE HOST GUIDE

Dumplings Against Depression

Uniting Cultures
for Mental Wellbeing

Everything you need to host your own
gathering, share a plate of dumplings,
and gently talk about how we are
really going.



Made with love by AIDMH and Our Solis Network.
dumplingsagainstdepression.org

Thank you for setting a table

We are so glad you are here. Almost every culture has its own dumpling, and almost every family has a story about one. When we share food, it becomes easier to share how we feel.

Your gathering can be big or small, at home, at work, or in your community. There is no perfect way to do it. What matters most is that people feel welcome, safe and cared for. This guide walks you through each step, and we are always here to help.

With warmth,

Dr Judy Tang OAM and Niharika Hiremath OAM

Co-founders, Dumplings Against Depression

Choose the table that suits you

Kitchen table

Friends, family or neighbours fold and share dumplings together at home.

Guests **6 to 12**

Time **2 hours**

Cost **\$40 to \$100**

Workplace lunch

A team lunch with our conversation cards. You are welcome to add a speaker.

Guests **10 to 60**

Time **1 hour**

Cost **\$8 to \$15 each**

Community gathering

At a hall or place of worship, with local services invited to share a stall.

Guests **30 to 150**

Time **3 hours**

Cost **\$500 to \$3,000**

Student club or online circle

For students far from home, or cook together over a video call.

Guests **5 to 100**

Time **90 minutes to 2 hours**

Cost **Low**

Costs are a rough guide and will change with your area and menu.

Your gathering, step by step

6 weeks before

PLAN

- ☐ Let us know you are hosting, so we can send you the logo and posters
- ☐ Choose a date. October is Mental Health Month, and any time of year is lovely
- ☐ Find a space that is easy to reach, with a quiet corner someone can step into
- ☐ Invite a community leader or elder to co-host with you

4 weeks before

INVITE

- ☐ Send invitations in the languages your guests speak
- ☐ Ask about dietary needs and allergies (halal, kosher, vegetarian, gluten, shellfish, sesame, soy)
- ☐ Invite a local service, such as a community health centre or multicultural wellbeing worker
- ☐ Check your local council's food safety rules if you are serving food to the public

1 week before

PREPARE

- ☐ Print the conversation cards and support numbers for every table
- ☐ Choose one support person who feels ready to help if someone becomes upset
- ☐ Plan your dumplings and label every filling clearly
- ☐ Offer an easy way to say no to photos, such as a coloured wristband

On the day

HOST

- ☐ Welcome everyone and give an Acknowledgement of Country
- ☐ Eat first, and let the talking come after
- ☐ Let everyone know that sharing is always a choice, and passing is welcome
- ☐ Before people leave, point out the support numbers once more

Within 2 weeks

SHARE BACK

- ☐ Tell us how many joined, the languages spoken and what people shared, so your community's voice is part of our yearly Pulse report
- ☐ If you raised money, send it to AIDMH through our official donation page
- ☐ Thank your guests and helpers

Questions to start the talking

Cut out the cards and place a few on each table. Start with food and home, and move to feelings only when the table feels ready. Feel free to translate them with people from your community.

Which dumpling reminds you of home? Who made it for you?

HOME

What did your family cook when someone was sick or sad?

HOME

In your language, what words do people use for stress or feeling low?

WORDS

What did you learn growing up about sharing your worries?

WORDS

When life feels heavy, who do you go to first?

SUPPORT

What would make it easier for people in your community to reach out for support?

SUPPORT

Where in Australia do you feel you belong the most?

BELONGING

What do you wish doctors and counsellors knew about your culture?

BELONGING

Looking after everyone at the table

Talking about wellbeing can bring up strong feelings, and that is completely normal. These gentle steps will help you care for your guests.

If someone becomes upset

- Stay calm and stay with them, and offer the quiet corner
- Listen more than you speak. You do not need to fix anything
- Ask how you can help, and who they would like to call
- Share the support numbers and offer to sit with them while they call
- If anyone is in danger, call 000 straight away

Things to leave to the professionals

- Medical advice or guessing a diagnosis
- Asking people to tell painful stories in front of the group
- Sharing anyone's story, name or photo without their consent

Support numbers for every table

Emergency **000**

Lifeline, 24 hours **13 11 14**

Beyond Blue **1300 22 4636**

13YARN **13 92 76**

Interpreter (TIS National) **131 450**

Anyone can call 131 450 first and ask for an interpreter to join a call to a support line.

Sharing our name

Dumplings Against Depression™ is a trade mark of Mental Health of Australia Inc (trading as AIDMH). We would love you to use it for your not-for-profit gathering, along with the posters and social tiles we send you. Feel free to say "a Dumplings Against Depression gathering, hosted by [your group]".

If you are thinking about selling food or products, finding sponsors, speaking with media, or changing the logo, please reach out first. We would love to help you make it happen.

We are here for you

Judy and Niharika would love to hear from you: judy@aidmh.org.au and niharika@aidmh.org.au. Visit dumplingsagainstd Depression.org to register your gathering.