**THEME 1: Internal and external stigma**

Perception of self

Self-stigma

Weakness

Shame

Failure

Consequences

Negative impact of disclosure

Fear of judgement

Societal Stigma

Cultural stigma

Isolation

**THEME 2: Understanding of distress and coping**

Managing problems within the system

Keeping problems to yourself

Keeping problems within the home

Cultural norms

(e.g. emotional language)

Gender differences

Family expectations

Expectations within culture

Cultural values

Role in coping

Spirituality

Role in understanding distress

Different views of physical health and mental health

Different understanding of mental health

Generational differences

Mental health is not serious

Understanding of mental distress

Role of informal support (e.g. friends and family)

**THEME 3: Competence of professionals and services**

Not being taken seriously

Services misunderstanding

Professionals misunderstanding

Need for understanding

Fear of judgement from professionals

Discrimination by professionals

Discrimination by the system

Power imbalances

Discrimination

Lack of diversity in the promotion of therapy

Diversity

Lack of diversity of professionals

Having options of who you see

Lack of cultural competence

Negative experiences of services

Negative experiences

Negative experiences with GP

Services not being able to meet needs

**THEME 4: Perception and accessibility**

Lack of appropriate options offered

Less awareness of what help involves

Difficulties accessing help

Less awareness of help

Access to appropriate help

Practical barriers to help

Language / communication barriers

Financial barriers to access alternative support

Confidentiality concerns

Mistrust of services

Trust