

## **Mental health app reaches out to Indigenous Australians this Mental Health Week**

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A pioneering iPad app which visually represents an individual's strengths and weakness is hoping to significantly improve Indigenous mental health; one of the nation's fastest growing health problems.

Launched on the online marketplace to coincide with Mental Health Week (5-12 October 2014) the AIMhi Stay Strong iPad App has been designed to promote wellbeing by looking at strengths, worries and the goals or changes people would like to achieve in their lives.

National health surveys show that Indigenous adults are more than twice as likely to experience emotional distress than non-Indigenous adults. Similarly, mental health disorders are the second largest contributor to the total disease burden of Indigenous Australians accounting for 15 per cent of the total disease burden.

Menzies Associate Professor Tricia Nagel said the AIMhi Stay Strong App will assist services to deliver cost-effective, evidence-based substance misuse and mental health interventions to Aboriginal and Torres Strait Islander clients.

"It's important to remember that mental health is more than just treating mental illnesses; it is about our overall emotional wellbeing which is so important for positive health and life outcomes," Assoc Prof Nagel said.

"The app centers around the client's strengths and worries and sets goals for change."

Clients are first asked to identify the people in their life that help keep them strong, their relationships and the role they play in the person's life.

They are then asked to identify their strengths in four areas of their life and this is represented visually as leaves on a tree. As they input more strengths, the leaves grow stronger and healthier.

Similarly, clients are asked to identify things in their life that take away their strength in same four areas. As they input more worries, the leaves on the tree wilt and change colour.

"Clients are then left with a visual representation of the areas in their life where they are strong and the areas in their life where they are not as strong," Assoc Prof Nagel said.

"The process is assisted and supported by the health provider and provides help text and audio instructions to reduce the impact of low computer or English literacy.

"A summary of the Stay Strong Plan can then be emailed and printed to keep a record of the session for clients and health providers."

The app has already been trialled with selected health service providers and was developed by the Menzies School of Health Research in partnership with the Queensland University of Technology. Menzies are now delivering training to service providers in the NT in use of this new e-mental health tool as part of the Commonwealth-funded eMental Health in Practice support service.

The AIMhi Stay Strong iPad App is now available through iTunes: <https://itunes.apple.com/us/app/aimhi-stay-strong-app/id912289264?ls=1&mt=8>

Since its launch in 2003 AIMhi has given Indigenous service providers and communities a range of tools to recognise and overcome the problems causing mental illness, such as social issues, work and family stress. These can be accessed at [www.menzies.edu.au/mentalhealthresources](http://www.menzies.edu.au/mentalhealthresources).

**Media contact: Lucy Barnard**

[communications@menzies.edu.au](mailto:communications@menzies.edu.au); 08 8946 8679; 0439 393 900

## **Menzies Background**

Menzies School of Health Research is Australia's only Medical Research Institute dedicated to improving Indigenous health and wellbeing. We have a 29-year history of scientific discovery and public health achievement. Menzies works at the frontline, partnering with over 60 Indigenous communities across Northern and Central Australia. We collaborate to create resources, grow local skills and find enduring solutions to problems that matter.