

Stay Strong News

AIMhi Stay Strong App 2.0 launched



October 2019



Key contact

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Over the years, we have received many positive comments about the Stay Strong App, and also many suggestions for ways it could be further improved. In response, we have launched the Stay Strong App version 2.0. The new version has some additional features such as a goals review process for clients who have set goals in a previous session, optional K5 and K10 assessments and a broader range of avatars, in addition to resolving some bugs in the previous version. Thank you to everyone who provided feedback. The new version is available as an update or to download from the [App Store](#) and [Google Play](#).

Co-designing a new resource to assist First Nations people navigate the NDIS

Our friends at the Mental Health Association of Central Australia are working on this important project, and are looking for First Nations people who have a mental health concern, or care for someone with a mental health concern, and are interested in being involved. See the attached flyers for further information.

Co-design workshops run for about four hours. Reimbursement is provided to eligible consumer and carer participants.

The next workshop will be held:

Date: 1st of October 2019

Time: 9 am till 2.30pm

Location: Darwin

Please register your interest or address any questions to Sarah Irwin at MHACA on 0456772065 or sarah.irwin@mhaca.org.au.

Weathering Well: A Stay Strong App for farmers



The AIMhi team has collaborated with Western Queensland Primary Health Network to develop Weathering Well, a new digital mental health and wellbeing tool for farming communities experiencing adversity from drought and other climatic events. Weathering Well is an adaptation of the Stay Strong App, recognising that we all have stressors in our lives and that we can all draw on personal strengths and support networks. Weathering Well is a facilitator-guided tool and is not publicly available but can be accessed by health, community and social service organisations, funders and researchers through weatheringwell.com.



The Tiwi Mental Health Literacy Project By Jadhai Vigona, Indigenous Project Officer

The Tiwi Mental Health Literacy Project aims to develop mental health terms in Tiwi language. We are making a number resources which can be shared with family and community. We hope the developed resources will increase emotional literacy, communication and resilience building. We have conducted the research by inviting Tiwi Elders, experienced mental health workers and Tiwi Senior Researchers to attend 4-hour workshops and discuss key mental health terms, in English and Tiwi.

We have held 5 workshops within the past 6 months, and have put together a Mental Health Dictionary in Tiwi Language. We need to do some final spell checks (in Tiwi) with our participants, but hope to have it finished before Christmas.

Having the opportunity to work on this project has been really rewarding. For me to be an Indigenous Researcher from the Tiwi Islands and being given the chance to dedicate my work to better the health and wellbeing of my people. I love travelling to the Islands it gives me the chance to reconnect with the land, my culture and most of all my family



Above: Jadhai and collaborators