

## **New resource to promote mental health and wellbeing in Indigenous communities featured during Mental Health Week**

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Aboriginal and Torres Strait Islander communities will have greater support for their wellbeing with the release of a video in nine Aboriginal languages and in Aboriginal English during Mental Health Week.

Led by Menzies School of Health Research (Menzies) and in collaboration with Indigenous communities, “*Yarning About Mental Health: Becoming Better, Becoming Stronger*” aims to support the wellbeing of Indigenous communities by drawing on the strength and resilience of communities to promote mental health and wellbeing.

The short video provides information about common mental illnesses and delivers strength-based messages about staying strong and seeking help.

According to project lead, Associate Professor Tricia Nagel, releasing the video during Mental Health Week where the focus is on ‘Do you see what I see’, is very appropriate.

“People tell us that story telling in a way that shares strengths and cultural values, and includes local people and language, is the best way to share wellbeing messages – and that is what this video is all about,” A/Prof Nagel said.

“The video describes key mental health concepts and uses imagery designed to resonate with Indigenous people, drawing on connections to country and kin.”

Menzies Indigenous researcher, Jahdai Vigona says the video has been designed for use by wellbeing service providers and within communities to talk about wellbeing and ways to stay strong.

“It makes talking about mental health more accessible and the discussion more relevant to community members,” Mr Vigona said.

The video is now available on YouTube in nine Aboriginal languages and in Aboriginal English [here](#).

The project was supported by funding from the Australian Government through the Primary Health Network Program.

Menzies’ full suite of mental health resources dedicated to Indigenous wellbeing can be found at [www.menzies.edu.au/mentalhealthresources](http://www.menzies.edu.au/mentalhealthresources).

ENDS

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**Menzies School of Health Research**

Menzies School of Health Research is one of Australia's leading medical research institutes dedicated to improving Indigenous, global and tropical health. Menzies has a history of over 30 years of scientific discovery and public health achievement. Menzies works at the frontline, joining with partners across the Asia-Pacific as well as Indigenous communities across northern and central Australia. Menzies collaborates to create new knowledge, grow local skills and find enduring solutions to problems that matter.