

Stay Strong training in Darwin

We will be offering our training and train the trainer course in the first week of October in Darwin (TBC).

To register your interest, contact
Stefanie.Puszka@menzies.edu.au

July 2019

New mental health literacy resource in First Nations languages launched



Our new mental health literacy resource, to help First Nations people who are going through tough times. It is available through our [Stay Strong YouTube Channel](#) in [Anindilyakwa](#), [Burarra](#), [EC Arrente](#), [Murrinh Patha](#), [Pintupi Luritja](#), [Pitjantjatjara](#), [Tiwi](#), [Warlpiri](#), [Yolngu Matha](#) and [English](#). This project is funded by NT Primary Health Network. It was recently launched at the Deckchair Cinema in Darwin.

Interested in being involved in developing a new online portal for First Nations social and emotional wellbeing resources?

We are developing a new online portal to gather digital resources for social and emotional wellbeing for First Nations people in one place. This work is taking place through collaboration with the University Centre for Rural Health (at the University of Sydney), the Australian

Key contact

Michelle Sweet
Menzies School of Health Research
Email: Michelle.Sweet@menzies.edu.au
www.menzies.edu.au

Indigenous *HealthInfoNet* and First Nations practitioners.

A series of co-design workshops are being held with First Nations practitioners in Lismore, Darwin, Adelaide and beyond. We are looking to work with First Nations people working in wellbeing services (eg mental health, youth, welfare, domestic and family violence, alcohol and other drugs) and involved in direct client. **The**

contribution of participants will be acknowledged through a gift card.

Four workshops will be held in each site over 12 months, for 2-3 hours each.

A big thanks to everyone who participated in the Darwin workshop last month!

First Nations practitioners interested in participating in the next workshop in

Darwin in November (date TBA) can register their interest with Stefanie.Puszka@menzies.edu.au.

First Nations practitioners in Adelaide interested in being involved in a workshop on 30 July can register interest with Michelle.Sweet@menzies.edu.au.

Stay Strong @ NAIDOC Week



Menzies Stay Strong team members Bua and Jahdai taking part in the NAIDOC week family fun day

Uti Kulintjaku mindful meditations in Pitjantjatjara and Ngaanyatjarra now available

Uti kulintjaku means 'to think and understand clearly' in Pitjantjatjara. Established in 2012, the Uti Kulintjaku project brings together *ngangkari* (traditional healers), senior Anangu women, interpreters and Western mental health practitioners committed to addressing mental health and wellbeing in Anangu communities. The project examines language and cultural concepts surrounding mental health and wellbeing as a key to cross-cultural understanding and learning and a means to address current issues faced by Anangu. Since the project's inception, the team have produced a

series of language-based, innovative resources designed to recover and extend emotional vocabulary and develop a greater understanding of trauma (including the Kulila! language App featured in the previous edition).

Uti Kulintjaku and Smiling Mind have partnered to co-develop a mindfulness program to provide accessible and engaging mental health tools to Anangu communities. Mindfulness meditations have been scripted and recorded by senior Anangu women in the local languages of Pitjantjatjara and Ngaanyatjarra. The meditations

can be downloaded for free on the Smiling Mind App through the [App Store](#) and [Google Play](#).

We encourage users to make their own assessments about the appropriateness of any new digital mental health tools for their clients. We recommend considering the following when assessing a tool: evidence base, privacy and security settings, community-driven approach, culturally appropriate development and design.