

## Staying Strong during COVID-19



*Strong Country Strong People was created by First Nations people living in the greater Darwin Region in collaboration with the AIMhi team at Menzies last month. It represents the strength of coming together, connecting, and working to support each other and the wider community.*

Sadly, we are currently unable to provide stay strong training workshops due to COVID-19 travel bans and social distancing measures. However, we are currently working on developing online modules. In the meantime, we hope you, your colleagues and loved ones stay strong and stay safe. [Beyond Blue](#) recommend caring for your mental health during COVID-19 by:

- Maintaining perspective
- Finding a balance in relation to media coverage
- Accessing official health information
- Maintaining a practical and calm approach
- Trying not to make assumptions
- Following specific strategies for maintaining wellbeing while in self isolation or quarantine
- Having open and honest conversations with children and young people
- Seek support when you need it

Quality, up to date information about COVID-19 can be found from the [Australian Government Department of Health](#), [SecureNT](#) and the [National Aboriginal Community Controlled Health Organisation](#)

March 2020

## COVID-19 Telehealth Consultations: Black Dog Institute webinar for health professionals

When: Thursday April 2<sup>nd</sup> 1pm & 8pm

To register: <https://medcast.com.au/courses/320>

The temporary COVID-19 telehealth Medicare item numbers, which came into being on 13th March 2020 as a way of protecting the population from infection, have opened the way to remote consulting for many GPs and allied mental health practitioners who had previously not delivered mental health care in this way. It is important that these items are used effectively and responsibly to ensure quality care delivery and avoid huge cost to the community.

This webinar will focus on practical issues associated with delivering telehealth consultations, in particular telepsych consultations. It will discuss the appropriate use of the item numbers, the differences between face to face and online care, the differences in the way we need to approach COVID-19 anxiety and health anxiety generally and the ways in which e-mental health resources can best be integrated into telehealth consultations.

### Key contact

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## Ibobbly: a social and emotional wellbeing App for First Nations people



iBobbly is a wellbeing and suicide prevention self-help app for young First Nations people aged 15 years and over. Completely private and confidential, it helps by showing you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.

iBobbly has been designed for and with First Nations peoples in collaboration with Black Dog Institute. It uses metaphors, images, videos and stories from Aboriginal artists and performers.

iBobbly has four main features:

1. *How do I feel?* walks you through a quick check and gives you feedback on how you're going
2. *Stuff I can use* teaches you how to be aware of and manage troubling thoughts and feelings
3. *How I'm gonna beat this* helps you create your very own action plan for getting on top of your troubling

thoughts and feelings and will help you monitor your progress

iBobbly is now available in [iTunes](#) and [Google Play](#). For more information visit [blackdoginstitute.org.au](#) or contact Tiarnee Schafer [t.schafer@blackdog.org.au](mailto:t.schafer@blackdog.org.au)

## Menzies launches *Strong Country Strong People* campaign in collaboration with First Nations Communities in Darwin

Earlier this month the AIMhi team launched the ***Strong Country, Strong People*** social media campaign to promote strength, resilience and combat the stigma surrounding mental illness online. ***Strong Country, Strong People*** is co-designed in collaboration with Indigenous communities in Greater Darwin. Each month, we'll be tapping into the lived experience of locals and building connections through Facebook, Instagram, YouTube and our new website using local languages, images and music. The campaign will feature games, puzzles and fun memes and positive messages from local identities to promoting resilience and wellbeing and disseminate messages of strength and affirmation. This project is funded by Northern Territory PHN as part of the National Suicide Prevention Trial.

## Yarning about the NDIS

The Information, Linkages and Capacity Building Iron Triangle Community Engagement Project aims to improve access to the NDIS for First Nations people in Port Augusta, Port Pirie and Whyalla. Through a collaboration between Aboriginal Family Support Services and the AIMhi team at Menzies, the project is developing a suite of information resources to help improve engagement of First Nations families with NDIS Local Area Coordinators. We have already developed two brochures, a flyer and a NDIS Stay Strong Plan and filming is underway for a series of short videos explaining what NDIS is, eligibility and the process for getting on the NDIS.



Yarning about NDIS: a brochure, part of a suite of resources