

AIMhi mental health app now available for smart phones

17 November 2021

A new mobile app makes it easier for First Nations people to access information about mental health and wellbeing.

The Aboriginal and Islander Mental health initiative (AIMhi) Stay Strong app is a colourful, user-friendly digital mental health tool developed by Menzies School of Health Research (Menzies) with Australian First Nations people.

The app incorporates Pitjantjatjara language and Aboriginal English with plans to include other Aboriginal and Torres Strait Islander languages.

AIMhi Stay Strong supports service providers to have wellbeing conversations with First Nations people in primary care and specialist settings.

The app has been launched today by Northern Territory (NT) Minister for Health Natasha Fyles and has been supported by INPEX-operated Ichthys LNG joint venture through their community investment funding program.

Professor Tricia Nagel, Head of Wellbeing Preventable and Chronic Diseases Division at Menzies, says the AIMhi Stay Strong team are excited to be launching the phone app version of this simple and practical self-management care planning tool that began with Aboriginal Mental Health Workers in the NT more than a decade ago.

“The phone app will make the AIMhi Stay Strong approach even more accessible, putting help easily within reach, this tool and the holistic strengths-based approach it brings to mental health is in use in lots of different services across Australia,” Prof Nagel said.

“Our many training workshops across Australia tell us that people value what it brings as one of the few tools that can easily bridge the communication divide between First Nations people and wellbeing care providers.”

NT Health Minister Natasha Fyles says that the Territory Labor Government is proud to work with stakeholders including Menzies to improve health outcomes for First Nations people.

“The AIMhi Stay Strong app is a useful tool which helps make vital health information more accessible for Aboriginal and Torres Strait Islander people,” NT Health Minister Natasha Fyles said.

INPEX Vice President Corporate Coordination Bill Townsend was in Darwin for the launch and says INPEX is proud to help support the development of such a valuable tool that will be used widely in communities.

“The health and wellbeing of our communities is a priority especially during these uncertain COVID-19 times. It is a privilege to work with Menzies on the Stay Strong app project that supports Aboriginal and Torres Strait Islander peoples,” Bill Townsend said.

The app, currently available to download for free on Apple and Android tablets, is already being used by a range of social and emotional wellbeing, alcohol and other drug, youth and forensic mental health services across Australia.

The AIMhi Stay Strong app has undergone consultation, co-design and implementation cycles for more than a decade, confirming its acceptability, feasibility and effectiveness.

For more information about the AIMhi Stay Strong projects visit <https://www.aimhistaystrong.com.au/>.

Download the app for Android devices [here](#) or for iOS devices [here](#).

ENDS

Media contact:

Paul Dale, Communications Manager

Phone: 0439 108 754 or (08) 8946 8658 | Email: communications@menzies.edu.au

Menzies School of Health Research

Menzies is one of Australia's leading medical research institutes dedicated to improving the health and wellbeing of Aboriginal and Torres Strait Islanders, and a leader in global and tropical research into life-threatening illnesses, Menzies continues to translate research into effective partnerships and programs in communities across Australia and the Asia-Pacific region.

INPEX media contact:

Cara Burke, Senior Corporate Affairs NT, INPEX

Phone: 0455 580 141; Email: communications@inpex.com.au

Mental health statistics

Aboriginal people have high rates of reported mental illness and are at higher risk of suicide.

One in five (20 per cent) Australians experience a mental illness in any year.

The most common mental illnesses are depression, anxiety and substance use disorders, which can often occur in combination.¹

Almost one in three Aboriginal people reported a diagnosed mental health condition (25 per cent of males and 34 per cent of females).

Almost one quarter (23 per cent) of Aboriginal people reported having both a mental health condition and one or more other long-term health condition.²

Death from suicide amongst Aboriginal people is almost three times higher than for non-Indigenous people in the Northern Territory.³

¹ The Australian Bureau of Statistics (ABS, 2009) National Survey of Mental Health and Wellbeing (NSMHWB) provides the most current comprehensive estimates for mental disorders in Australian adults.

² The 2014–15 National Aboriginal and Torres Strait Islander Social Survey (NATSISS) provides a range of information about the social and economic circumstances of Aboriginal people aged 15 years and over

³ ABS, 2018