

Rapping for wellbeing: New youth hip-hop video launched

30 August 2024

A new hip-hop video aimed at empowering young people to take control of their mental health was launched at a youth event in Alice Springs today.

This was produced as part of a joint collaboration between Menzies School of Health Research (Menzies) [Aboriginal and Islander Mental Health Initiative for Youth \(known as AIMhi for Youth\)](#) along with Tristrum Watkins (stage name: Karnage), and St Joseph's Catholic Flexible Learning Centre in Alice Springs.

The video, featuring Alice Springs born hip hop artist, Tristrum Watkins and St Joseph's students, sees young men express their voices in a powerful and uplifting way to share what keeps them strong through the art of hip-hop.

In 11 workshops with Tristrum, students showcased their resilience, strength, and creativity, sharing their stories to support others facing similar challenges.

The video will become an integral part of the [Menzies AIMhi for Youth App](#), to support Arrernte men on their wellbeing journey.

This app is a groundbreaking, co-designed mental health tool aimed at improving mental health literacy and wellbeing among Aboriginal and Torres Strait Islander young people. By incorporating strengths-based messaging, education, storytelling, and supported goal setting, the app addresses crucial risk factors for suicide and promotes a positive and supportive environment for youth.

This video was made possible through funding support from the Australian Government National Suicide Prevention Leadership and Support Program (NSPLSP) – support for at risk populations and communities.

Celebrating this resource at today's Heads Up Youth Event led by Headspace Alice Springs and the Mental Health Association of Central Australia, highlights the vital role of community and connection in supporting wellbeing.

This launch comes ahead of the NT Training Awards, due to be announced in Darwin tomorrow, Saturday 31 August 2024, where the Menzies Mental Health team are finalists in the Industry Collaboration of the Year category, for their mental health skills training collaboration with the NT Mental Health Coalition and Star College Australia.

Watch the [Keep me Strong Hip Hop video via YouTube](#).

Quotes attributable to Menzies Senior Research Fellow (mental health), [Dr Michelle Sweet](#):

"The voices of the young men through this hip hop video are powerful!

"It is so good seeing young men coming together in these workshops sharing stories of culture and strength and remembering good supports in life."

Quotes attributable to hip-hop lead, Tristrum Watkins (Karnage):

"These young men were connecting and sharing so much of themselves through their writing and storytelling throughout the workshops! It was so powerful and an honour to be a part of it.

"I feel they became closer together after these workshops, by sharing and reflecting on each other's stories."

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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 Islander peoples, and a leader in global and tropical health research. Menzies continues to translate research into effective partnerships and programs in communities across Australia and the Asia-Pacific region.