



Supporting mental health recovery

I wish to acknowledge the people of the Kulin Nations, on whose land we are gathered today. I pay my respects to their Elders, past and present.

I would also like to acknowledge the Elders living in Dja Dja Wurrung and Yorta Yorta country

mindaustralia.org.au

The journey



Supporting mental health recovery

Recognising why Aboriginal people don't access mainstream mental health services

- Trust
- Labels
- Language
- Holistic approach

The partnership



Supporting mental health recovery

Why this partnership is important

- Prevalence of mental ill health
- Indicators
- Under representation
- Learning from Aboriginal approaches to wellbeing
- Partners in Discovery

Making it happen



Supporting mental health recovery

Learning along the way

- Making the connection
- Being aware of demands on Aboriginal organisations
- Finding common ground
- Building the relationships