



A coordinated mental health and wellbeing care approach for First Nations people in South Australia –
Aboriginal Social Emotional Wellbeing Centre

Introductions

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<https://www.clothingthegaps.com.au/products/honouring-country-posters>

**WE HONOUR AND
RESPECT
ABORIGINAL
AND TORRES
STRAIT ISLANDER
PEOPLE AS THE
TRADITIONAL
CUSTODIANS
OF COUNTRY.**

CLOTHINGTHEGAPS

Living experience

We acknowledge the individual and collective contributions of those with a lived and living experience of mental ill-health, and those who love and care for them. Each person's journey is unique and is valued in our continuous efforts for inclusion and improvement.

Historical context and impact of colonisation

The real reality is that the past keeps asserting itself, as it leaves echoes, ripples, for you to see.....if you look.

De-colonising mental health

De-colonising mental health practices and services aims to address the ways in which Aboriginal and Torres Strait Islander are seen and assessed.



A vertical decorative border on the left side of the slide. It features a teal background with various Indigenous-style patterns. At the top, there are yellow and purple circular motifs. Below that, a series of yellow double-headed arrows points left and right. A large, dark blue circular motif with concentric white and teal rings is prominent in the middle. Below it, there are purple and white circular patterns. At the bottom, there are white and purple circular motifs.

Re-constructing of mental health

By decolonising, we can then re-construct mental health systems, by addressing the fundamental barriers that First Nations people face when accessing services, including perceived and institutional racism



South Australian Aboriginal Social Emotional Wellbeing Centre

A coordinated
approach to
mental health and
wellbeing

WAYS of WORKING

OLD
WAYS

NEW
WAYS

FUTURE
WAYS

☆ www.lynneczaly.com

“Woven Together”

Artwork created by Riki Salam
in collaboration with the Yarns
Heal Community Working
Group



The Centre in its development, will incorporate the knowledge of Traditional healers alongside clinical assessments to support recovery through reconnecting with culture that builds on belonging, engaging identity and respect

The high rates of suicide-related behaviour among Aboriginal and Torres Strait Islander people, combined with similar evidence relating to LGBTQIA+(Rainbow community) people, suggest that there is a need to investigate the compound risk of suicide-related behaviour among people who are both Aboriginal and Torres Strait Islander and LGBTQIASB+.





The background features the Australian Aboriginal flag, which consists of a black upper half and a red lower half, separated by a white diagonal line. A large yellow sun is positioned in the center, with rays of light emanating from it, creating a sunburst effect across the flag's colors. The top right corner of the image shows a blue sky with white clouds.

Aboriginal Social and Emotional Wellbeing Centre

Community Information Sessions
Final Report

CONCLUSION

