

New digital tool encourages First Nations people to Stay Strong

10 October 2023

A new, interactive, mental health and wellbeing tool – the [Digital Stay Strong Plan](#) – has been launched at Menzies School of Health Research (Menzies) during World Mental Health Day.

The new addition to Menzies' wellbeing toolkits was officially launched by Menzies Aboriginal and Islander Mental Health Initiative (AIMhi) and Stay Strong Program Lead Cultural Advisor, Patj Patj Janama Robert Mills, Menzies Mental Health Research Lead, Professor Tricia Nagel and the NT Minister for Mental Health and Suicide Prevention Lauren Moss.

The interactive document is designed to improve culturally safe care for Aboriginal and Torres Strait Islander people. It merges evidenced-based medicine with First Nations world views.

It is a holistic, strengths-based approach to yarning about mental health. The tool is aimed at strengthening connections, goal setting and self-management of mental wellbeing.

Developed in response to community feedback, the tool provides better access to digital mental health resources for schools, health and support services.

The launch was part of the Mental Health Week Seminar hosted by Menzies Stay Strong Mental Health team. The event was aimed at those who work in mental health support services. More than 70 attendees heard from a range of guest presenters from local services including:

- Anglicare NT – headspace
- TeamHEALTH
- the Clontarf Foundation
- CAAPS Aboriginal Corporation
- NT Mental Health Coalition.

Aligning with the theme 'Celebrating our Strengths', presenters shared their innovative approaches to mental health and wellbeing support in the community.

Menzies Stay Strong team works with Aboriginal and Torres Strait Islander researchers, practitioners, organisations and communities. Their work focuses on building resilience and healing through strengths-based approaches to wellbeing, mental health promotion and treatment. The team is proud to celebrate 20 years of the Stay Strong program in 2023.

This event also occurs within the NT Mental Health Coalition's NT Mental Health Awareness Week which runs from Saturday 7 October to Sunday 15 October 2023.

Quotes attributable to Menzies School of Health Research Mental Health Research Lead, [Professor Tricia Nagel](#):

"Menzies' mental health projects focus on developing holistic tools to help communities and individuals to stay strong.

"Culturally safe resources for Aboriginal and Torres Strait Islander people can help us to support wellbeing through sharing stories.

“The Digital Stay Strong Plan is a step-by-step guide to a strengths-based approach to making change.”

Quotes attributable to Menzies School of Health Research Aboriginal and Islander Mental Health Initiative (AIMhi) and Stay Strong Program Lead Cultural Advisor, Patj Patj Janama Robert Mills:

“Supporting our Indigenous people to connect with culture and think about their strengths, worries and their family and friends that keep them strong, is important to help them improve their wellbeing.

“The Digital Stay Strong Plan helps our Indigenous people manage wellbeing. It encourages us to support and strengthen our mental health, which helps us support our families and community.”

Quotes attributable to Minister for Mental Health and Suicide Prevention Lauren Moss:

“Last month we released the Northern Territory whole-of-government and whole-of-community suicide prevention implementation plan, *Keeping Everyone Safe*, focused on building stronger communities, delivering informed and inclusive services and providing support for vulnerable Territorians.

“Congratulations to the team at Menzies for launching the Digital Stay Strong Plan wellbeing platform, I have no doubt it will be another useful wellbeing tool to assist in strengthening community connections and enable the user to check in on their mental health.

“Today on World Mental Health Day and during NT Mental Health Week, we are all encouraged to think about our mental health and wellbeing and seek help when needed.”

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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 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.