

Research award supports the development of digital mental health resources

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Collaboratively developing digital mental health resources to support Tiwi people will be the aim of 2023 Harry Christian Giese Research into Action Award recipient and Menzies School of Health Research (Menzies) mental health researcher, Dr Josie Povey, over the next 12 months.

Funds from the award will assist Josie and her team to continue the [Ngawurramangajirri \(we care for each other\) project](#), which saw 15 Tiwi Elders, 8 Tiwi young people and 4 health professionals co-create the first Tiwi to English [phrasebook](#) for mental health and wellbeing in 2019. Since its launch in 2020, this project has reached over 500 people, with the resources distributed to numerous health, education and support services on the Tiwi Islands and in Darwin.

Led by the established Ngawurramangajirri Elders group, the team will build on this work and co-create, develop and disseminate a community led digital resource in Tiwi language about mental health and wellbeing.

Commencing this month, this work seeks to strengthen connection to language and culture, mental health literacy, self-awareness, self-management, and provide help for those looking for support for mental health concerns.

The [Harry Christian Giese – Research into Action Award](#) commenced in 2013, in acknowledgment of the important legacy of the late [Harry Giese AM MBE](#) (1913-2000) who was a pioneer of health and education in north Australia and a key founder and long-term supporter of Menzies. This annual prize is awarded to a Menzies researcher to support them in translating their research into action, to result in benefits for the community they work with.

Quotes attributable to Menzies School of Health Research, mental health researcher, Dr Josie Povey:

“We want to give people ways of recognising and talking about the challenges they face, such as caring for families, bereavement, grief and shame.

“For this next stage of the project, we’ll collaboratively come up with resources that are strengths-based, engaging and relevant, that explore worries and goals for change, and incorporate best practice approaches to design and treatment.”

Quotes attributable to Tiwi Elder and Co-Lead of the Ngawurramangajirri (we care for each other) project, Cathy Pumuralimawu Stassi:

“We are helping our people to keep our culture strong, respect each other and look after ourselves and others, our land and our creators, Purrukupali and his mother, Muntakala.”

Quotes attributable to Menzies School of Health Research Director, Professor Alan Cass:

“Mental health and wellbeing issues have a major impact on the lives of many Territorians.

“Creating culturally safe, interactive resources that are accessible and meaningful for users goes a long way towards improving health outcomes.”

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Media contact:

Phone: (08) 8946 8680 | Email: media@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.