

## **New book promotes mental health and wellbeing in Tiwi**

**10 March 2020**

A new Tiwi to English phrase book to help people talk about mental health and wellbeing is being launched in Wurrumiyanga today.

Ngawurramangajirri (we care for each other) features Tiwi to English translations, as well as illustrations to encourage conversations around wellbeing and mental health.

Cathy Pumuralimawu Stassi, a Tiwi elder and one of the book's authors, says the book is an important tool to help people start conversations about mental health and wellbeing and how to talk about it.

"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, Murntankala," Cathy said.

"We would like people to know, we feel this is just the beginning. Others might like to make their own story. We included many people's views and interpretations. We hope this book encourages Tiwi people to talk about how they feel and what could help them."

Menzies School of Health Research project manager, Josie Povey, said she hopes the book encourages people to talk to others who might be going through a tough time.

"This is a resource that can be used to provide people with the words that they need to talk with other people about how they are feeling; this may be family members talking to family members, service providers and/or health professionals.

"This project grew out of the identified need for young people to develop stronger Tiwi language skills, and more specifically be able to express their feelings and needs using Tiwi," Josie said.

The content was developed through seven workshops of four-six hours duration, held over a six-month period between May and September 2019.

"There is rarely a direct translation for mental health terms in Tiwi. Each feeling, description or phrase included in this dictionary, was explained in Tiwi and English, then crafted through discussion amongst the Tiwi language speakers," Josie said.

"Words and phrases were put together, taken apart, put back together, revised, edited, revised again then checked and double checked."

The book is a collaboration between Menzies School of Health Research, Tiwi elders, Tiwi college students, R U OK Australia and the Northern Territory Government.

Ngawurramangajirri (we care for each other) is available in hard copy as well as on the Menzies website at: [menzies.edu.au/tiwiphrasebook](https://menzies.edu.au/tiwiphrasebook)

The launch will be held at 10am today at the Red Cross building, Main Street, Wurrumiyanga.

ENDS

Josie Povey and Cathy Pumuralimawu Stassi are available for comment after 12pm.

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**Menzies School of Health Research**

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