

Monday 10 October

## World Mental Health Day

World Mental Health Day is a reminder to all Territorians that mental health is a priority for everyone, yet those living in rural and remote areas are less likely to access specialised mental health services.

Menzies School of Health Research is partnering with Beyond Blue in a study which tests the effectiveness of mental health screening and treatment approaches in the Northern Territory.

Head of the Healing and Resilience Division at Menzies School of Health Research, Associate Professor Tricia Nagel said the aim of the study is to improve access to treatment and promote understanding of mental illness and care.

“The results of these studies will guide the future management of high risk children and adults with depression who may be taking drugs or alcohol to deal with their bad feelings.

“Indigenous people are twice as likely to be admitted to hospital and are six times as likely to die as a result of mental illness,” Associate Professor Nagel said.

The Menzies team has been conducting research and developing resources and tools for strengthening mental health and wellbeing in Territory communities.

“We have developed culturally appropriate training and tools for service providers to help treat people where there are cultural and language barriers to understanding mental health.

“The latest release of tools for service providers includes material called ‘Yarning about Sadness’ that outlines what ‘mental health’ is and where to get help or information. This is part of the Aboriginal and Islander mental health initiative,” Associate Professor Nagel said.

This year’s World Mental Health theme *The Great Push: Investing in Mental Health* focuses on the financial and human resources allocated for mental health, which are inadequate worldwide, according to the World Federation for Mental Health.

For more information about mental health or where to get help go to:

- Beyondblue on 1300 224 636 or [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Lifeline on 131 114 or [www.lifeline.org.au](http://www.lifeline.org.au)
- Tamarind Centre NT on 08 8922 4988
- Top End Mental Health Services on 08 8999 4988.

Australian Integrated Mental Health Initiative (NT) – [www.menzies.edu.au/AIMHI](http://www.menzies.edu.au/AIMHI)

### Background

Menzies School of Health Research has a national reputation as a leading research institute in Indigenous and tropical health research. With its head office in Darwin in the Northern Territory, Menzies has been conducting its ground-breaking research for more than 25 years. We have more than 300 dedicated staff and work hand in hand with communities throughout Australia and across the tropical region to our North.

**Media opportunity**

Associate Professor Tricia Nagel will be available for interview on Monday 10 October (World Mental Health Day) from 7am.

**For more information please contact Jenna Hoare at Michels Warren Munday on 0407 181 894**