



## **Transforming Indigenous Mental Health and Wellbeing**

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### **TIMHWP presents 2nd SOCIAL AND EMOTIONAL WELLBEING GATHERING, Oct 26 - 28, 2021 in Perth, Western Australia**

Co-hosted by Transforming Indigenous Mental Health and Wellbeing Project at UWA, the National Aboriginal and Community Controlled Health Organisation (NACCHO), Gayaa Dhuwi (Proud Spirit) Australia and Australian Indigenous Psychologists Association (AIPA), and funded by the National Indigenous Australians Agency, the Social and Emotional Wellbeing (SEWB) Gathering #2 will take place on Whadjuk Noongar Country from October 26-28, 2021 in Perth, Western Australia.

The SEWB Gathering is presented by the Transforming Indigenous Mental Health and Wellbeing Project (TIMHWP), a ground-breaking research program transforming Aboriginal and Torres Strait Islander mental health care through Indigenous leadership and authentic partnerships with Indigenous organisations. This is the second national SEWB Gathering to be held.

The Gathering brings together SEWB leaders and experts from community, academic, and policy contexts from across Australia including Aboriginal and Torres Strait Islander peak bodies, community organisations, leaders, experts, and front-line workers.

The Gathering aims to empower Aboriginal and Torres Strait Islander communities and peoples to develop their own solutions to holistic health, mental health, and social and emotional wellbeing by creating a national SEWB network that will continue to have discussions, take actions and to contribute to a renewed national SEWB Framework over the coming years.

The program includes: Welcome to Country by Mr Nigel Wilkes Snr (Mungart Yongah Traditional Owner of Swan River) and Aunty Liz Hayden; keynote address by Pat Turner AM (NACCHO) and opening addresses by Professor Tom Calma AO, Associate Professor Ted Wilkes, Professor Helen Milroy and Professor Pat Dudgeon (TIMHWP); and Traditional Healers from NPY Women's Council and the Yiriman Project.

The Gathering will see delegates following up on previous recommendations and renew the national mental health and SEWB Framework. Issues about workforce will be examined, as well as a focus on cultural safety in mental health and the role of Traditional Healers in the mental health system.



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Professor Pat Dudgeon, the Director of the TIMHWB project, said, “The Gathering is an opportunity for Indigenous people to come together and share what works to support our social and emotional wellbeing. Together we have a strong voice that can influence how services are planned, delivered and funded, aligned with the rights of our people to self-determination. Social and emotional wellbeing challenges are a consequence of the continuing process of colonisation, and those attending the Gathering have the cultural and practical expertise to design empowering responses that will make a real difference in our people’s lives.”

To find out more about TIMHWB and for full SEWB Gathering #2 program go to <https://timhwb.org.au/sewb-gatherings/>

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