

My Australian

Indigenous Deaf Well-being

Mental (Mind)
& Emotional

Spiritual
& Cultural



Family/Friends
(Social)

Physical
(Body)



The Australian Indigenous Deaf Well-being Project was undertaken in 2008/09, by the Queensland Health Statewide Consultation Service for Deafness and Mental Health.

This booklet was created (2011) as an educational resource that displays positive aspects of Aboriginal & Torres Strait Islander Social and Emotional Well-being (SEW) and complements the DVD resource 'Be Strong'.

Throughout this booklet the term 'Indigenous' is used to represent the people of Aboriginal & Torres Strait Islander descent. This term is used in accordance with the wishes of the Indigenous Deaf community, who guide us through the development of resources.

Our thanks go to all stakeholders including the Aboriginal and Torres Strait Islanders and non-Indigenous people for their assistance.

Information used in this resource is from:

- Bush Medicine [Image] (n.d.). Retrieved November 2, 2010, from <http://www.daylife.com/photo/017K4wR5olb5TI>
- Glickman, N. S. & Gulati, S. (Eds.). (2003). *Mental Health Care of Deaf People*. London: Lawrence Erlbaum Associates.
- NABs website: http://www.nabs.org.au/02_using_nabs.htm.

This booklet was created by the Deafness and Mental Health Service (2011) to be used as a resource in educating people about alcohol.

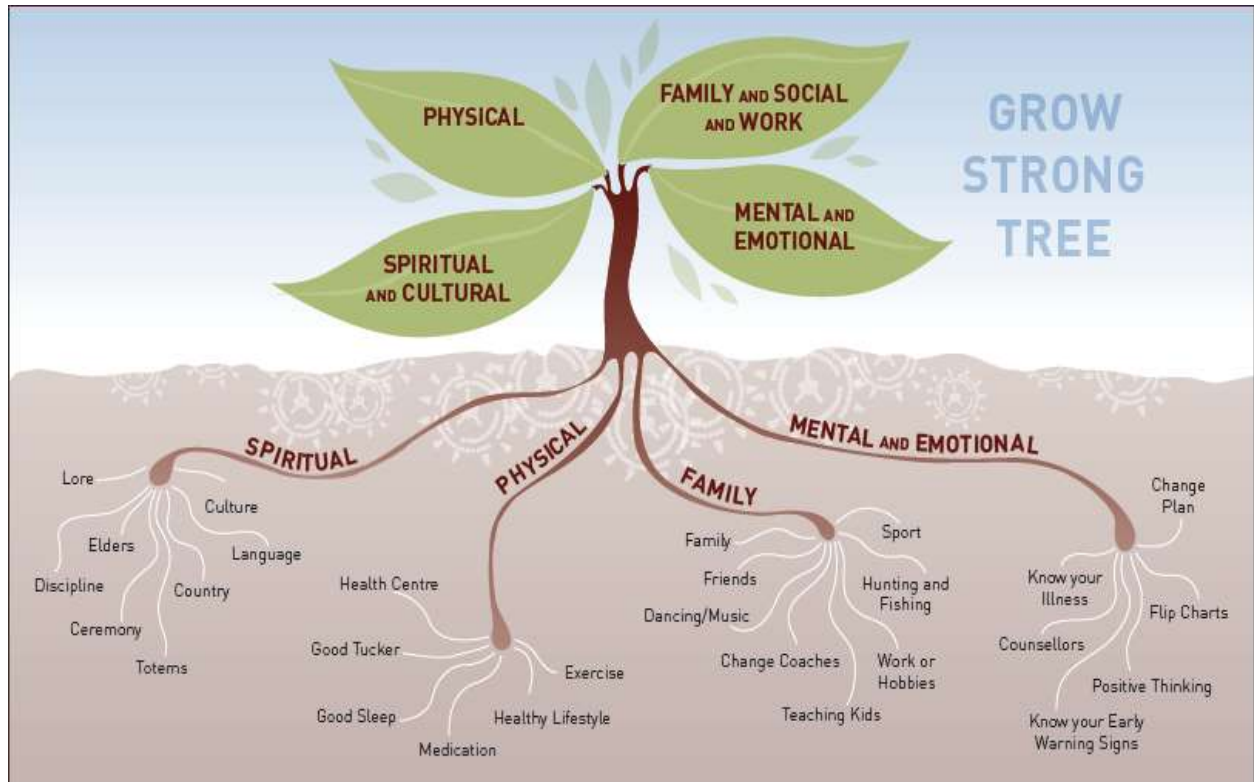
The illustrations used within this resource are from:

- Michael Krajnak in *Mental Health care of Deaf people: a culturally affirmative approach* (2003), edited by Neil Glickman and Sanjay Gulati.
- Cairney, S., Fitz, J., Thomson, S., Currie, J. (2009). *The Grog Brain Story*, St Vincent's Hospital Melbourne and Menzies School of Health Research.

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Strong Mental Health



Tree grow strong with soil, water, sun, food and care

We grow strong with:

- spiritual and cultural
- physical
- family and social and work
- mental and emotional

'Image courtesy of AIMhi NT, Menzies School of Health Research'

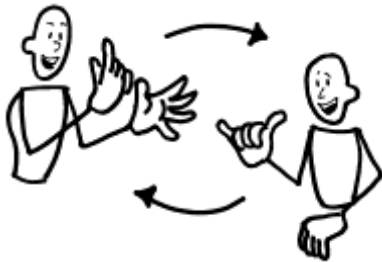
My Spiritual and Cultural Health



I listen to my Elders



I respect my lore/law



My language = Talk/sign



I have ceremonies = dance, dreamtime



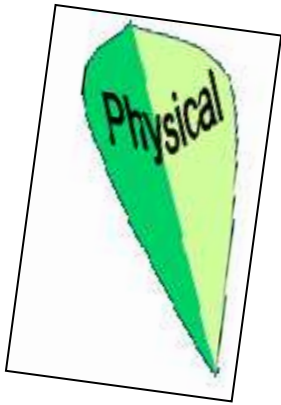
I have my Totem = animal or plant etc.



I have my country/land/friends



Discipline – e.g. I do work, hobby or study, I start and finish it through to the end



My Physical (body) Health



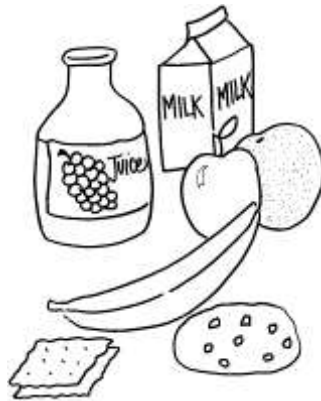
Bush medicine helps me stay well



I do sports, it's fun



Regular medication/ injection keeps me well



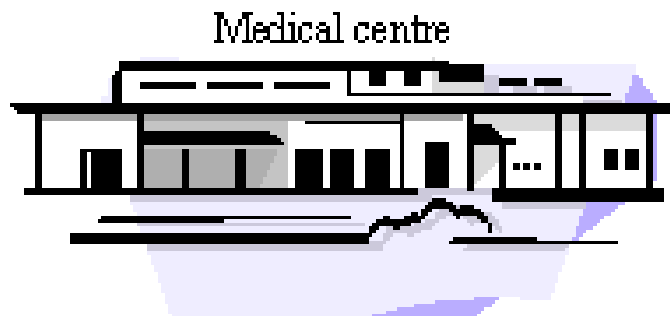
I eat good food



I have good sleep

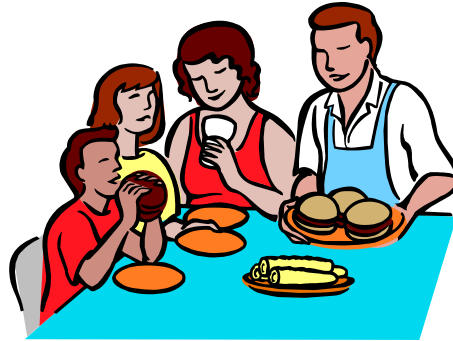
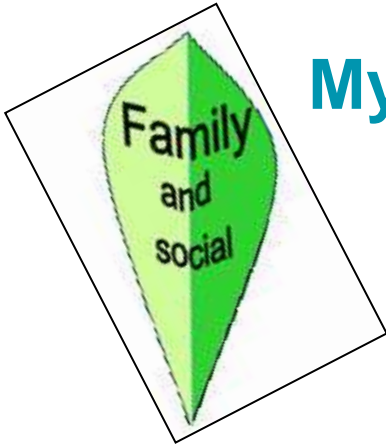


I go walking



I go to Health/Medical Centre when not well

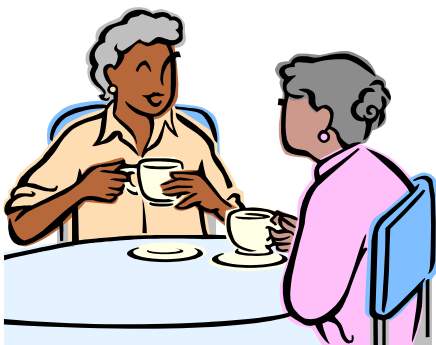
My Family, Social and Work Health



I talk/yarn to my family



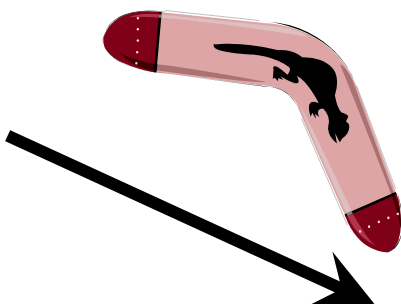
I go to work or do hobbies



I talk/yarn to my friends/mates



I play sports



I go hunting



I go fishing

My Mental (mind) and Emotional Health



When I have problem,
know what is the problem



I can be positive



I can talk/yarn to
counsellor

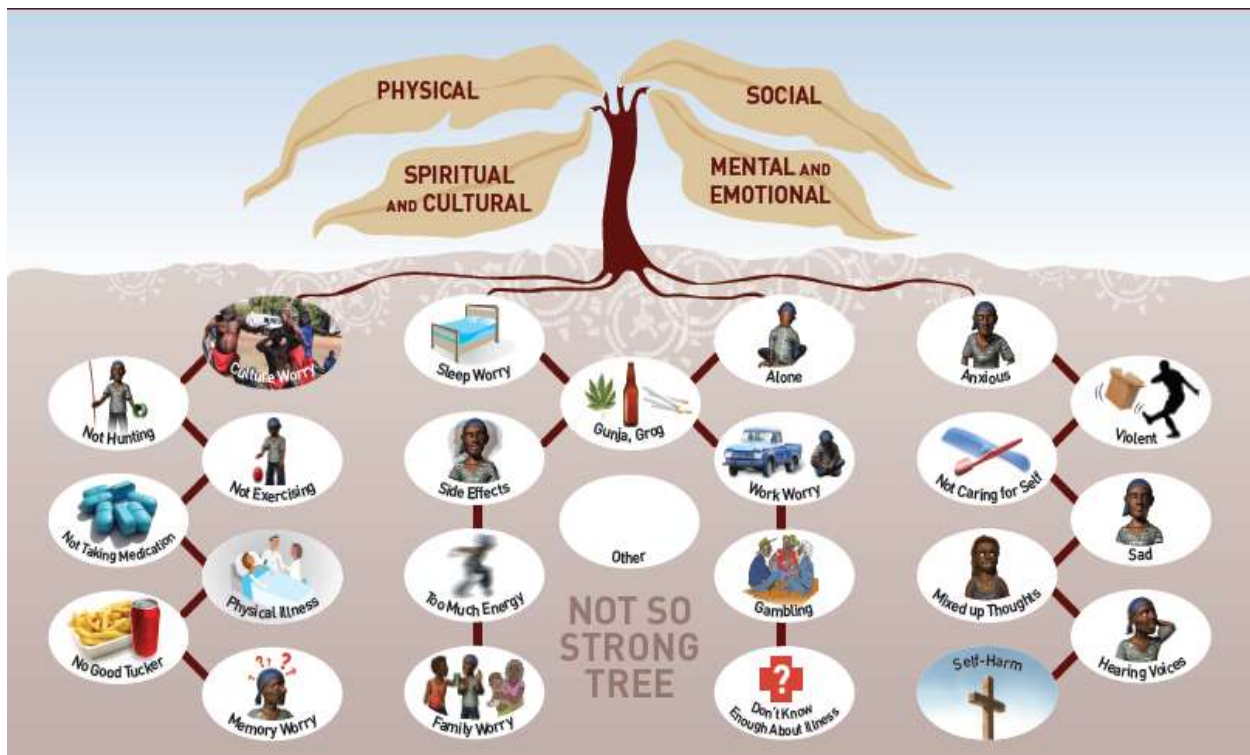


I need to know how I feel
and why I became sick

Social and Emotional Well-being (SEW)?

- 'SEW' is another word for Mental Health & Well-being
 - My mind, body, spirit, culture, family and social, all make SEW
- We all have SEW (Social and Emotional Well-being) – can be 'good' 😊
 - or 'not good' ☹️
- 😊 Good SEW =
 - my mind healthy
 - I feel good about myself
- ☹️ Not Good SEW = can have... bad thoughts, family worries, need help etc.

Not Strong Mental Health



Tree weak, no water, no sun, no food, no care

We grow weak when

- ‘SEW’ not good
- spiritual and cultural connection lost
- physical health not good
- family and friends lost
- mental and emotional problems

‘Image courtesy of AIMhi NT, Menzies School of Health Research’

Know your body and mind

- Made worse by:



Culture trouble



Too much drink
or drug problem



Sad, alone, cry,
lost culture



Money worry



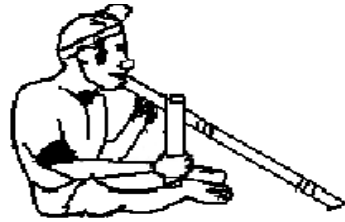
Family worry



Thoughts mixed up

Healing how?

- Find your culture, talk/yarn to Elders



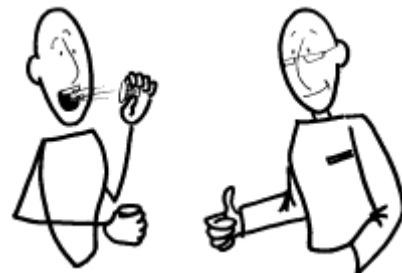
- Medical/Health Centre can help



- Medication can help



- Doctor or traditional healer can help



- Help from family, friend, Elder, Indigenous health worker or counsellor



Know your rights

- Ask for support



- Ask for an Auslan interpreter (a level 3 interpreter is recommended)

- book an interpreter at **NABS** (National Auslan booking and payment service)
Phone: 1800 24 69 45



- and/or use a DRI (Deaf relay interpreter) (if available in your region)

- Get information

- name of problem
- name of medication
- side affects what?
e.g. shakes, toilet more etc.

- If not happy with service, tell professional e.g. doctor, nurse, case manager, Indigenous health worker, etc.

If you need help

- Talk with your doctor
- Ask someone at the local community mental health centre

You can contact the Deafness and Mental Health Service on the details listed below.

- Office: 519 Kessels Road
MacGregor, Queensland
- Phone:(07) 3167 8430
- SMS: 0419 023 883
- TTY: (07) 3167 8488
- Fax: (07) 3167 8377
- Email: deafness_mhs@health.qld.gov.au
- Web: www.health.qld.gov.au/metro-southmentalhealth/deafness