

MEDIA RELEASE

LAUNCH OF COMMUNITY ANNOUNCEMENTS FEATURING MESSAGES ABOUT SOCIAL AND EMOTIONAL WELLBEING FOR THE VICTORIAN ABORIGINAL COMMUNITY

The North Western Melbourne Primary Health Network (NWMPHN) in partnership with the Eastern Melbourne Primary Health Network (EMPHN) and Dardi Munwurro are pleased to announce the launch of a series of video messages about social and emotional wellbeing featuring members of Melbourne's Aboriginal community.

The messages cover themes such as self-care, social isolation, help seeking, anxiety and panic attacks and available community supports.

The themes and messages contained in the videos were put together after a series of consultations with Aboriginal community organisations and individuals who have experience in the field of social and emotional wellbeing. The videos were then presented by Aboriginal community members from around Melbourne.

'Social and emotional wellbeing is so important, especially at the moment,' said Brad Pearce, Director of Priority Populations Health and Wellbeing at NWMPHN. 'We hope these videos help spread the word about the support that is available, a culturally appropriate and accessible way.'

'The video messages are delivered by grass roots community members' said Executive Producer Alan Thorpe. 'It was important that these videos were as real as possible, we wanted to make sure that our community could identify with the people delivering the message as well as the message itself.'

Featured in the videos are:

Uncle 'Bootsie' Thorpe, Gunnai
Uncle Col Clarke, Bakandji & Ngiyampaa
Uncle Harry Stewart, Gunnai
Uncle John Baxter, Latji Latji & Narungga
Tahnee Edwards, Yorta Yorta & Taungurung
Lillian Arnold-Rendell, Dharug & Kamiliroi
Neville Jetta, Noongar
Samantha Jetta, Yorta Yorta
Shelley Ware, Yankunyatjara & Wirangu

The video messages can be viewed on the CARE FOR HEALTH...CARE FOR SELF Youtube channel.

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