

A photograph of a swampy landscape. The foreground and middle ground are dominated by dark, still water covered with numerous lily pads. In the background, there is a dense forest of tall, thin trees with light-colored bark, possibly birches or poplars. The lighting is soft, suggesting an overcast day. The overall mood is quiet and somewhat somber.

TOP END DIVISION OF GENERAL PRACTICE

Aboriginal Mental Health Program

NORTHERN TERRITORY

Dr Wendy Williams

General Practitioner

Angurugu Health Clinic

Groote Eylandt

Northern Territory



Top End Division of General Practice

Aboriginal Mental Health Program

In Partnership with:

Batchelor Institute of Indigenous Tertiary
Education

Top End Mental Health Services, DHCS
and Charles Darwin University

Currently supported by

- Commonwealth Government
Department of Health & Ageing
- *beyondblue*
- Alcohol Education Rehabilitation
Foundation

Remote GPs in the Top End were at times overwhelmed by the mental health burden in remote communities and the lack of culturally appropriate mental health services.



The intention of this program is to.....

place local, qualified and supported Indigenous mental health workers in as many remote communities as possible to work alongside the GP and clinic staff ensuring better mental health outcomes for the people.

travel can be challenging in remote
Top End



GROOTE EYLANDT

- Australia's third largest island
- Located 55 kms off the coast of the Top End in the Gulf of Carpentaria
- Includes large mining town
- Population: approx. 2500
- Access by air and sea only

Aboriginal Mental Health Workers



Leonard
Amagula

&

Muriel
Jaragba

Building capacity

Strengthening the partnership between:

- The GP
- Aboriginal Mental Health Workers
- The health clinic team
- The Aboriginal community

Why it works

- Culturally sensitive
- Community identified need
- The community chooses the workers
- The community directs the focus
- The community is empowered to make a difference

Murial's perception of the programs' importance in this quote.....

'then we see what's wrong and we try to put it all together, then we know the answer ... and we teach our people through our culture ways ... and therefore it is for me to teach my own people to overcome their problems and by doing that we can work together as Balanda (European) and Aboriginal.'

Graduation Ceremony



Certificate 111 in Mental Health non-clinical





Leonard & Muriel

**healthy, happy
communities**



Sunset over Groote Eylandt



Aboriginal Mental Health Program

Presented by



Dr WENDY WILLIAMS

On behalf of

Top End Division of General Practice