



Media Alert

11 August 2015

Indigenous leaders to discuss healing and mental health

People around the country are invited to join internationally recognised author Dr Anita Heiss, former NRL legend Preston Campbell and other Indigenous leaders in discussing the connection between mental health and healing and how we can all support Indigenous healing.

Hosted by the Aboriginal and Torres Strait Islander Healing Foundation, the public forum and webinar will feature live questions from audience members submitted online and in person.

“The trauma that Aboriginal and Torres Strait Islander people experience is often seen as a mental health issue rather than the end process of deep loss and grief resulting from colonisation and past government policies,” Healing Foundation CEO Richard Weston said.

“Mental health systems have often been unresponsive to the healing needs of our people and not understood their trauma.

“Indigenous healing is about recognising people’s distress both individually and as a collective, and focusing on wellness and recovery rather than sickness,” Mr Weston said.

What: Public forum and webinar on healing and mental health, featuring Dr Anita Heiss, Preston Campbell, Joan Dickson, Justin Files and Shondelle Bolt

When: 10:00am – 11:30am AEST
Today, Tuesday 11 August 2015

Where: Online at <http://www.webcasts.com.au/healingfoundation110815/> and in person at the Museum of Sydney, cnr Phillip and Bridge Streets, Sydney

The Healing Foundation is a national Aboriginal and Torres Strait Islander organisation with a focus on building culturally strong, community led healing solutions. More information is available at www.healingfoundation.org.au

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