

Australian Federal Government's Endorsement of the Uluru Statement from the Heart – finding support during the national conversation on self-determination and constitutional recognition

The Australian Indigenous Doctors' Association (AIDA) acknowledges the incoming federal government's support for the Uluru Statement from the Heart (Uluru Statement). We recognise the complex and mixed feelings about this support for the Uluru Statement in our community, as this is only one path among many to self-determination and/or constitutional recognition.

We recognise that the national dialogue occurring currently may trigger intergenerational trauma or poor mental health experiences for some members of our community. While our friends and families are some of our biggest strengths and supports, it's also OK to need extra support. If you are feeling as though additional support would help during this national conversation, please see the resources below:

- Call 13YARN [Thirteen YARN] national crisis support line for mob who are feeling overwhelmed or having difficulty coping (13 92 76) <https://www.13yarn.org.au/>
- Review the options put together by Gayaa Dhuwi (Proud Spirit) Aboriginal and Torres Strait Islander Leadership in Social and Emotional wellbeing, Mental Health and Suicide Prevention: <https://www.gayaadhuwi.org.au/if-you-need-help/>
- Call the Doctors Health Advisory Service (DHAS) for doctors and students: <https://www.dhas.org.au/contact/contact-dhas-in-other-states-territories-and-new-zealand.html>
- Find an Aboriginal Community Controlled Health Organisation near you: <https://www.naccho.org.au/naccho-members/>
- Email the Aboriginal & Torres Strait Islander Lived Experience Centre team at Black Dog Institute: <https://www.blackdoginstitute.org.au/education-services/aboriginal-and-torres-strait-islander-network/contact-us/>
- Find online Headspace resources: <https://headspace.org.au/yarn-safe/mental-health-and-wellbeing/>

- Call Lifeline on 13 11 14, or text them online: <https://www.lifeline.org.au/>
- Review the resources available at Phoenix Australia:
<https://www.phoenixaustralia.org/recovery/find-help/>
- Reach out to your jurisdiction's Link-Up service: <https://aiatsis.gov.au/family-history/you-start/link>

Further to this, we call on the federal government to invest in culturally appropriate and safe services to support Aboriginal and Torres Strait Islander people during this difficult national conversation.



Dr Tanya Schramm
AIDA President

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