

TOO DEADLY

**ABORIGINAL EDUCATION CENTRE NEWSLETTER
OCTOBER 2023**

Artwork by Jade Kennedy



Aboriginal
Education
Centre

WE PAY OUR RESPECTS

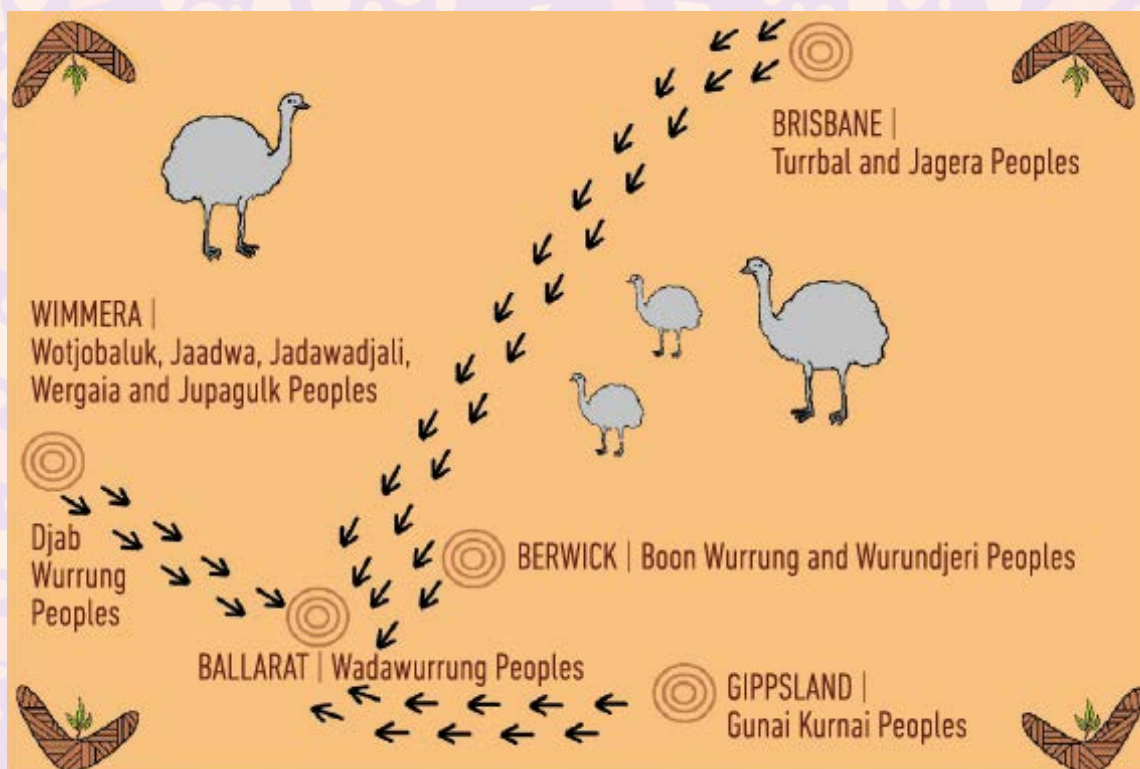
The Aboriginal Education Centre would like to acknowledge and pay our respects to all Victorian Aboriginal and Torres Strait Islander Communities across the state. That respect is extended particularly to the Gonnai Kurnai, Bidawal, Boon-wurrung, Woi-wurrung, Wadda Wurrung, Wotjobaluk, Jadwaa, Jadwadjali, Wergaia, Jupagalk, Eastern Maar peoples, whose countries Federation campuses reside. We acknowledge and support Elders past, present, and future, in working towards further enhancing our communities through education and career pathways. We walk in unison to maintaining culture, kinship and spirituality that are crucial to the strength of our people, the land, and waters we work and live daily; for sovereignty was never ceded.

ALWAYS WAS. ALWAYS WILL BE.

**WITH LOVE AND UNITY, THE ABORIGINAL
EDUCATION CENTRE STAFF**

Federation University Acknowledges the Traditional Custodians of the land where its campuses and centres are located.

Ballarat | Waddawurrung
Berwick | Boon Wurrung
Gippsland | Gunai Kurnai
Nanya Station | Mutthi Mutthi and Barkindji
Wimmera | Wotjobaluk, Jaadwa, Jadawadjali, Wergaia, Jupagulk



Aboriginal Education Centre

Call | 5327 9005

Email | aec@federation.edu.au

Visit | Federation.edu/aec

Post | PO Box 663 Ballarat VIC 3353

All Aboriginal and Torres Strait Islander students are welcome to drop in or make an appointment, either via phone or email anytime, whether it is to enquire about a support service, or simply have a cuppa and a yarn. You are always welcome!

AEC SUPPORT SERVICES FOR STUDENTS

The Aboriginal Education Centre (AEC) is a welcoming place to meet and study, and is open to all Aboriginal and Torres Strait Islander Students.

We offer a range of support services for Higher Education and TAFE students with centres located at Ballarat - Mt Helen and SMB campuses, Gippsland, Wimmera campus and Berwick.

Our services include:

- Scholarship information
- Dedicated computer lounge
- facilitation of involvement with the local Aboriginal community
- Kitchenette facilities
- access to free tutorial support
- pastoral care
- events throughout the year, including NAIDOC celebrations.

Tutorial Support

The AEC offers tutorial support to current Aboriginal and Torres Strait Islander students upon completion of an Individual Success Plan. Tutoring is available to all eligible Aboriginal and Torres Strait Islander students located across all campuses; inclusive of Ballarat, Gippsland, Berwick, Wimmera, Online and Partner Provider. Please speak with staff from the AEC to discuss your eligibility.

Community Engagement

The AEC is focused on developing relationships with the wider Aboriginal and Torres Strait Islander community, Koori Educators and the Local Aboriginal Education Consultative Group (LAECG). Our goals are to encourage greater participation of Aboriginal and Torres Strait Islander people in TAFE and Higher Education courses at Federation University.

Our staff also offer a wide range of skills and experience to non-indigenous staff members and students of the university who are wanting to understand Aboriginal and Torres Strait Islander cultures and histories.

YOUR AEC OFFICE CREW

If you need a yarn with one of us at the AEC, or want to find out more about courses to study at Federation University. Come and see our deadly staff!

Katrina Beer (She/Her)

Manager of the Aboriginal Education Centre | All Campuses (located in Horsham) | 5327 9244 | k.beer@federation.edu.au

My name is Katrina Beer, I am a proud Wotjobaluk woman from the Wimmera and also the Aboriginal Education Centre's Manager, I support all campuses but based at Mt. Helen Campus. I work closely with our Senior Heads of Campus and our Team sit under the Deputy Vice-Chancellor (Global and Engagement). At the AEC we assist with Course enquiries, student support, cultural and spiritual connections and training for the prisons and Aboriginal and Torres Strait Islander Community Organisations. I'm always open for a yarn, so pop in and say hello.



Luke Bosworth (He/Him)

TAFE Team Leader, Aboriginal Student Success (Acting) | Mt Helen Campus | 5327 6248 or 0417 785 860 | l.bosworth@federation.edu.au

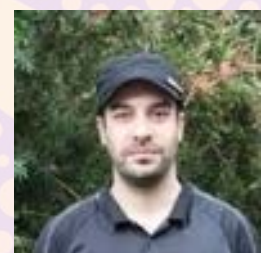
I am proudly Gunditjmara and TAFE Team Leader Aboriginal Student Success. My role is to support the TAFE Aboriginal Student Success Officers to best support our Aboriginal and Torres Strait Islander Students. The TAFE Aboriginal Student Support officers are here to ensure the best possible transition from enrolment to graduation and everything in between. I have a passion in Aboriginal and Torres Strait Islander Education and truly want to see all mob succeed.



Nicholas Johnson (He/Him)

HE Team Leader, Aboriginal Student Success Officer | Gippsland Campus | 5122 8075 | n.johnson@federation.edu.au

I'm a Gunaikurnai, Monero Ngarigo and Gunditjmara man. I am a Team Leader, Aboriginal Student Success within the Aboriginal Education Centre at Federation University. I am responsible for managing Aboriginal Student Success Officers to ensure the appropriate support is delivered to Aboriginal and Torres Strait Islander students in Higher Education (HE). I oversee daily HE operations, prioritise student engagement and success, ensure efficiency, and drive improvements in recruitment, retention, and completion through policy development. I can help higher education students with educational matters such as scholarships, tutoring, and academic advice. I'm also available to support them with personal concerns and connect them to campus or local services as needed.



Thomas Bosworth (He/Him)

Administration Officer | Mt Helen Campus | 5327 9941 |
t.bosworth@federation.edu.au

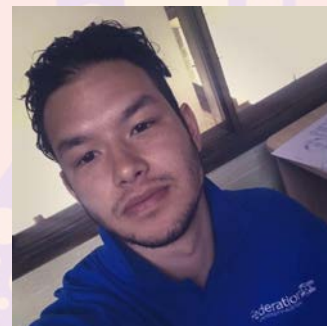
I am a proud Gunditjmara man, and my role within the AEC is as the Administration Officer, and I am based out at the Mt Helen campus.



Chris Britten (He/Him)

Projects & Events Officer | Mt Helen Campus | 5327 6963 |
c.britten@federation.edu.au

I am a proud Torres Strait Island man. My role in the Aboriginal Education Centre is to develop all projects and events for indigenous staff & students at Federation University across the year. I've completed a 4-year apprenticeship as a gardener, and a cert IV business traineeship through Fed.



Kaitlyn Harrison

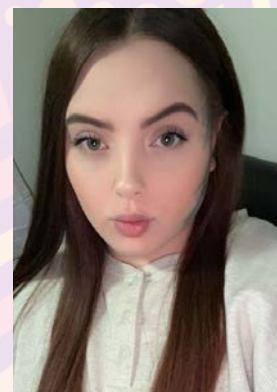
Administration Assistant (Trainee) | Mt Helen Campus | 5327 6851 |
kaitlyn.harrison@federation.edu.au

Hi, my name is Kaitlyn Harrison

I am a proud Wotjobaluk woman from the western district of Victoria.

I recently just moved from Bendigo to Ballarat, after spending my younger years in the Wimmera coming back and being apart of the AEC in the central highlands is perfect.

I look forward to meeting you all over the coming year and helping with any enquiries you may have for the AEC



Katherine Clarke (currently away on maternity leave)

TAFE Team Leader, Aboriginal Student Success Officer | SMB Campus | 5362 2629 | k.clarke@federation.edu.au

My name is Kathrine Clarke and I am a proud Wotjobaluk woman from the Western District. At the AEC I am the Student Success Officer for TAFE both SMB and Horsham campuses. My role is to assist students including work within schools and community organisations to offer training information and support services. I'm pretty flexible and can tailor my work to your needs.



Tracey-Lee Beer

Aboriginal Student Success Officer | Horsham Campus | 5362 2655 |
traceylee.beer@federation.edu.au

Dalk (Hello)

My Name is Tracey-Lee Beer, and I am a proud Strong Wotjobaluk Women from the Wimmera Region. I am based parttime at the Federation University Wimmera TAFE Campus in Horsham as the Aboriginal Student Success Officer.

I have 30 years' experience in all sectors of Education. Please don't hesitate to give me a call or txt on my phone numbers or email, if you need assistance with enrolling or want to have a chat about what courses are available.



Phillip Vaiagina-Egan

Aboriginal Student Success Officer | Berwick Campus | 4313 7985
p.vaiaginaegan@federation.edu.au

I am a proud Mutthi Mutthi/Yorta Yorta Man and also proud of my Tongan Heritage and I am the Aboriginal Student Success Officer based in Berwick.

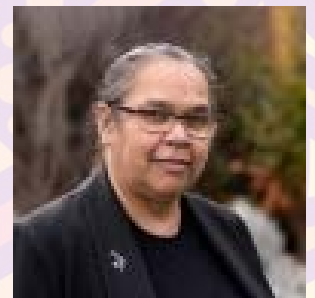
I was born in a small country town called Robinvale, Victoria. I love sports, I'm easy going, and love a laugh. My other profession is Dancing!



Charmaine Clarke

Aboriginal Wellbeing Coordinator | Mt Helen Campus |
charmaine.clarke@federation.edu.au

I have over 30 years experience working in Indigenous Affairs across Australia. I have worked across a number of issues including, cultural resource management, policy writing, journalism, politics, health, education, justice and mental health. My drive stems from my personal experiences as a ward of the state in Victoria, which gave me a passion to find positive solutions to the systemic social issues that affect Aboriginal and Torres Strait Islander Australians. As part of this effort I became interested in learning and practising in the area of mental health. I have 9 years experience in this field including AOD counselling, sexual assault, youth and adult mental health. I am passionate about developing culturally appropriate and ethical, therapeutic modalities exclusively for Indigenous clients. To achieve this a friend and I started up a company that looks at developing an Indigenous mental health workforce that works exclusively in remote locations catering to the Indigenous workforce and their needs.



THE NATIONAL CENTRE FOR RECONCILIATION, TRUTH AND JUSTICE

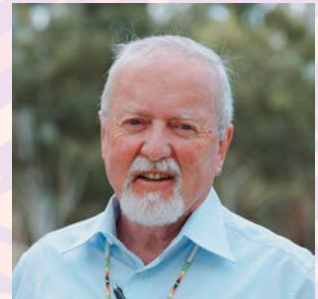
The National Centre for Reconciliation, Truth, and Justice (www.federation.edu.au/reconciliation) explores regional and national understandings and engagements regarding reconciliation, truth, and justice, across industry, academic, and community settings. This work is conducted through a rich program of education, engagement, outreach, and research activities.

Professor Andrew Gunstone is Associate Deputy Vice-Chancellor Reconciliation and Director of the National Centre. He is an international expert in academic and industry understandings and engagements with reconciliation. He has published widely on reconciliation, reparative justice, and public policy, and regularly provides expert advice to industry, corporates, communities, governments, reconciliation bodies, and non-for-profits on reconciliation and RAPs.



Professor Bindi Bennett is a Gamilaraay woman, mother, and social worker. She is an Aboriginal and Torres Strait Islander Professorial Research Fellow in the National Centre. She is committed to improving and growing cultural responsiveness; re-Indigenising Western spaces; understanding and exploring Indigenous Knowledge Systems; and exploring the human-animal bond.

Professor Dennis Foley is Cammeraigal of the Gai-Maria gal clans. He is an Aboriginal and Torres Strait Islander Professorial Research Fellow in the National Centre. He has been a leading researcher in the field of Indigenous Entrepreneurship for many years. He also writes in the fields of education, Aboriginal epistemology, and is a published poet. He is a Fulbright scholar, a dual Endeavour fellow, and an awardee of numerous research grants enabling him to work in Aotearoa, Canada, Hawaii, Ireland Taiwan, Korea, and several pacific countries.



Professor Emma Lee is a trawlwulwuy woman of tebrakunna country, north-east Tasmania, Australia. She is an Aboriginal and Torres Strait Islander Professorial Research Fellow in the National Centre. Emma's work in Tasmania has assisted in constitutional reform, the first joint management plan of a protected area and, in 2022, establishing a market for cultural fisheries. In 2023 she became the first Indigenous Australian to be a recipient of a Pew Fellowship for Marine Conservation. Emma was also a finalist for 2022 Australian of the Year (Tasmania) for her body of work in Indigenous rights. In 2021, she became the first Indigenous Australian editor of a Best Practice Guideline for the International Union for the Conservation of Nature (IUCN). In 2019, she accepted a Federal Government role on the National Co-Design Group, Indigenous Voice, for developing models and processes for Indigenous advice to parliament and government.

RECENT EVENTS

JUNIOR UNI CAMP - KOLING WADA-NGAL KARRUNG (LET US WALK TOGETHER CAMP)

Every year the AEC hosts the Junior Uni Camp, for indigenous high school students (year 9 - 11) from across the state of Victoria. This year we had our largest ever school group for this camp. 25 young brilliant minded students joined us to learn about life on campus, and the potential to further their studies with Higher Education and TAFE at Federation University.

At the beginning of the camp, all the students were shy. Who wouldn't be? Meeting a new group of people for the first time, it can be pretty stressful. But that was soon fixed by the indigenous outreach project quite literally dancing their 'shame' away.

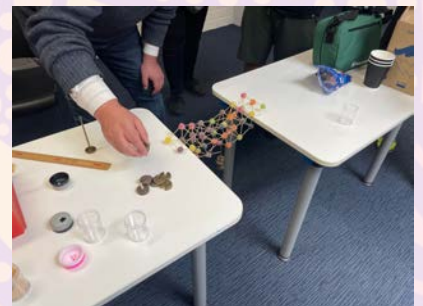
During the day our students engaged in short activities with different institutes Federation University has to offer. We did geology, plant science, engineering, sports science, psychology, criminology, mental health, speech pathology, physiotherapy, nursing, midwifery, horticulture, cooking, cyber security and hacking, we even visited the Ballarat Arts Academy at Camp street to see a live never before seen drama performance!

When the students finished all their institute activities, they were rewarded with the real fun! They attended the live AURA sound and light show at sovereign hill, pizza night, movie night at the Regent cinema, a ghost tour, two nights of console gaming with a Mario Kart competition that saw a lucky student go home with the winning prize, a brand new PlayStation 5 and second prize a Nintendo Switch.

The overall camp was a success, and all the students had the time of their life. One student said they didn't know who they were before the camp, and at the end, they felt whole. Another student began the camp completely uninterested in furthering his education after high school. He was attending the camp as a holiday, but by the end, he realised the potential he has to pursue a career in sports science.

By the end of the camp, all the students were exhausted, but none of them wanted to go home. Life time friendships had been made, a camp SnapChat group had been formed, and the majority said they will be coming back next year.

A big thankyou to all the AEC staff members who made this possible!



INDIGENOUS NATIONALS

The 27th annual Indigenous Sporting Nationals were held at Monash University's Clayton Campus which ran from the 26th to 30th of June this year.

The Indigenous Nationals was established in 1996 by the Wollotuka Institute and the University of Newcastle and has since been supported by UniSport Australia (UniSport), bringing together Indigenous Australian students and staff from across Australia. Each year registered teams participate over four consecutive days, in four different sports: basketball, touch football, netball and volleyball.

Indigenous Nationals offer an opportunity to promote Aboriginal and Torres Strait Islander people, culture and celebrate the rich sporting culture of indigenous Australia and acknowledge the heritage and history of the participating student-athletes.

Dallas Hurren, a Gunaikurnai man, and Captain of Federation University's Indigenous Nationals team, states

"The AEC mob from across all our campuses and online came together to meet and learn about each other as a team whilst playing against 32 other universities across Australia. Through our courageous efforts we scored wins in basketball, volleyball & netball. Along the way we made new connections to other mob from all parts to embrace and celebrate together what it means to be koori; what it means to be deadly".

This year's Indigenous Nationals provided students the opportunity to make connections with our students, develop lifelong friendships, participant in health and fitness through sport and was an opportunity to celebrate our cultural heritage after successfully completing the semester.



STUDENT SUCCESS STORIES

Meet Reb who has recently completed the Diploma of Community Services while working at BADAC, Reb is a proud mother of six and Grandmother of seven, I have chosen Reb because I think it's amazing that not only had she got kids and grand kids, but she works and managed to complete the Diploma in 9 months, at the start of the course Reb advised staff at the AEC of the barriers she had and we worked together to get Reb settled into her course and now Reb has also been nominated for Trainee of the year for all the amazing effort she put in during her study in 2022.



"I just had to keep reminding myself it's ok to break down and have a moment, then get back up and get the job done"

Congratulations to Reb on the amazing hard work and we look forward to seeing what the future holds for you!

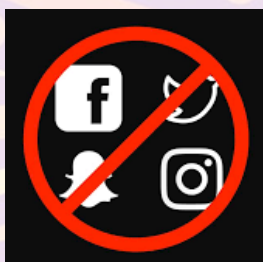
THE VOICE REFEREDUM **STAY SAFE AND STRONG**

Many of you are aware of the current discussions both online and across the media around The Voice Referendum. As Aboriginal and Torres Strait Islander people, we face a national focus that has not been seen for many years. Some of this is positive, some of this is negative.

Even in our personal lives, the strains of the debates, and rhetoric makes our sense of cultural safety that much tenuous and strained. I have spoken with other community members in my town and they like many of us, are inundated with well meaning questions from non-Indigenous friends and colleagues about The Voice. This focus and burden can be stressful.

The rise of racist rhetoric is even more invasive and impacts many of us including our social and emotional wellbeing.

Here is some tips and advice to assist you in your journey through this stressful time.



Social media.

Get off social media, or turn off notifications.
Choose news outlets that are balanced – NITV, ABC
Read newspapers that are balanced – The Guardian
Or like me, don't read or watch the news at all when it comes to stories on The Voice.

Non Aboriginal friends wanting your opinion.

This is something I've had to deal with at my other work as the Cultural Safety Officer at a local hospital. I printed out the Guide to The Voice from the Federal Government page and left in the Tea room for staff to read for themselves. I also informed them that I will not be giving my opinion or having discussions with them about The Voice.

You do not have to be the respondent to any persons request. It is not rude either as you are protecting yourself and making space to be culturally safe. I tell them to go online and find out the background for themselves. Its easy just google The Voice and the Government information is there.

You are not responsible for educating others and you do not have to give your opinion



Staying Culturally Safe.

Racism is one of the most negative impacts on our cultural safety and wellbeing. Given the debates around The Voice, many commentators have been racist and negative as they stir up misconceptions and exaggerations about The Voice. This has made many of us scared, anxious and depressed. One way to support ourselves is to develop a plan that focuses on our strengths and challenges.

This can be done through developing a Stay Strong Plan.

Developed by the Menzies School of Health, the Stay Strong Plan contains a checklist and plan that looks at;

- people that keep me strong
- things that keep me strong
- worries I have
- warning signs I'm getting sick
- progress towards goals.

Developed by Mob for Mob it will help you focus on how to keep yourself safe and culturally strong and give you a plan that I encourage you to share with your support people.

The link to the Plan is below.

https://www.menzies.edu.au/icms_docs/161620_AIMhi_Pictorial_Care_Plan.pdf

Other ways to Stay Safe

- Keep in touch with each other, stay connected to your friends, family and community.
- Check in with each other on a regular basis and share your experiences and concerns. Talking and sharing are healthy ways to release and share our worries.
- Being alone, or isolating is not the best response. As mob, community and connection with each other is our greatest strengths.
- Remember we are the oldest living culture in the world. We are remarkable, intelligent, resilient and have always been here.

External Services

If you are becoming overwhelmed with worries, seek out your local Aboriginal Health Service and see your GP about a Mental Health Plan. This will help you get access to both medications and counselling services in your area.

Phone Counselling

Don't be ashamed to use phone counselling services. I have on a few occasions. Some of these are

- Life Line 13 11 14
- Beyond Blue 1300 22 4636
- MensLine Australia 1300 78 99



No matter the outcome of the Referendum it is not a judgement on us as the First Peoples of Australia. We have been fighting the good fight for over 200 years and this vote will not change our successes or drive to take our destiny in our own hands.

Remember we stand on the shoulders of others, Elders and those before us. We have come along way and will keep going no matter the outcome.

Take the time to enjoy the outdoors and nature. Organise walking groups with friends or take day trips with family. The weather is warming up and spring is in the air so reconnecting to nature is good for both our spirit and body.

Yours in the strengths and struggle.

Charmaine Clarke
Gunditjmara Elder
Social and Emotional Wellbeing Coordinator

VOTING INFORMATION & PROCESS

The Referendum resources page on the AEC website has a number of resources with factual information about the Referendum and FAQs:

<https://www.aec.gov.au/referendums/>

The website includes the following resources:

- Factsheet about what a referendum is, who needs to vote, when and where to vote, how to vote, and the role of the

AEC: <https://www.aec.gov.au/referendums/files/resources/referendum-factsheet.pdf>

- Factsheet on how to vote in a referendum: <https://www.aec.gov.au/referendums/files/referendum-formality-factsheet.pdf>

- Factsheet about disinformation and checking the source of information: <https://www.aec.gov.au/referendums/files/2023-referendum-stop-and-consider-factsheet.pdf>

To enrol to vote, or to check your details, online go to www.aec.gov.au. To enrol using a paper form, you can: download and print www.aec.gov.au/enrol/form.htm, collect from a local AEC office, or call 13 23 26 to be sent a copy.

The Voice website includes information and about the Referendum: <https://voice.gov.au/>

- It includes resources for Aboriginal and Torres Strait Islander peoples, including in language: <https://voice.gov.au/community-toolkit/first-nations>

- It includes a First Nations community toolkit to support sharing of resources: <https://voice.gov.au/sites/default/files/2023-05/voice-first-nations-community-toolkit.pdf>

The ABC has produced a 13-minute video explaining “Everything you need to know about the Indigenous Voice Referendum”.

eSafety resources for Aboriginal and Torres Strait Islander peoples

Hear stories from mob in language and find tips to help you be deadly online: <https://www.esafety.gov.au/first-nations>

Reporting racism

If you experience or witness racism, you can report it to:

- Call it Out, The First Nations Racism Register;
- The Australian Human Rights Commission;
- The eSafety Commissioner, for online incidents;
- The Australian Communications and Media Authority (for incidents in the media);
- The Australian Communications and Media Authority (for incidents in the media);
- The Police, if you think you or someone else may be in danger, or if you think the behaviour was a criminal offense;
- Your State or Territory-based anti-discrimination commission; or,
- The Australian Health Practitioner Regulation Agency (Ahpra) or your local health complaints organisation if you have concerns about a health practitioner. · For links, see: <https://itstopswithme.humanrights.gov.au/take-action/responding-to-racism> and <https://www.ahpra.gov.au/Notifications/Concerned-about-a-health-practitioner.aspx>.



RESOURCES AND LINKS FOR STAFF, STUDENTS AND COMMUNITY

EAP – Employee Assistance Program

Employees can book an appointment via the below methods:

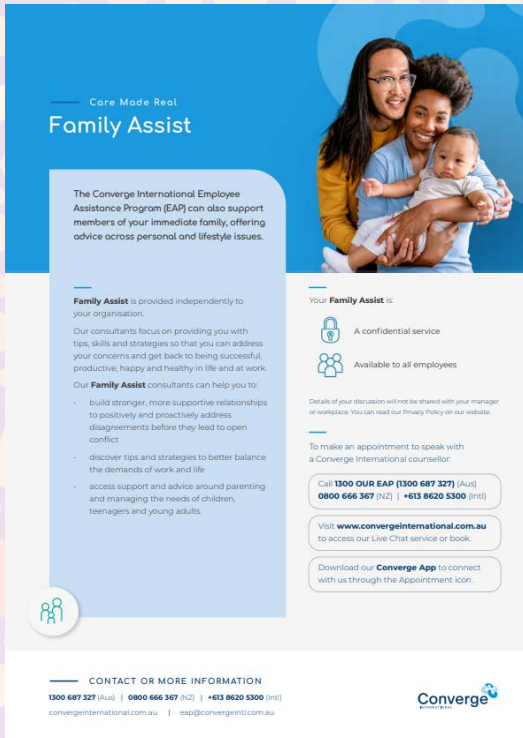
Phone: 1300 OUR EAP / 1300 687 327

Website: www.convergeinternational.com.au

Live Chat: via the website

EAP Connect App

Family Assist



Core Mode Real
Family Assist

The Converge International Employee Assistance Program (EAP) can also support members of your immediate family, offering advice across personal and lifestyle issues.

Family Assist is provided independently to your organisation.

Our consultants focus on providing you with tips, skills and strategies so that you can address your concerns and get back to being successful, productive, happy and healthy in life and at work.

Our **Family Assist** consultants can help you to:

- build stronger, more supportive relationships to positively and proactively address disagreements before they lead to open conflict
- discover tips and strategies to better balance the demands of work and life
- access support and advice around parenting and managing the needs of children, teenagers and young adults.

Your Family Assist is:

- A confidential service
- Available to all employees

Details of your discussion will not be shared with your manager or workplace. You can read our Privacy Policy on our website.

To make an appointment to speak with a Converge International counsellor:

Call **1300 OUR EAP (1300 687 327)** (Aus)
0800 666 367 (NZ) | **+613 8620 5300** (Intl)

Visit www.convergeinternational.com.au to access our Live Chat service or book.

Download our **Converge App** to connect with us through the Appointment icon.

CONTACT OR MORE INFORMATION
1300 687 327 (Aus) | 0800 666 367 (NZ) | +613 8620 5300 (Intl)
convergeinternational.com.au | eap@convergeintl.com.au

Converge

First Nations



First Nations Helpline

1300 287 432

Converge International understands that people face many challenges in their lives and that, sometimes, these require specialised support. We believe the counsellors providing this support should either be Indigenous consultants or carefully selected specialists with training in the issues that face many people. Cultural racism, lateral violence, trauma and community issues are just a few examples of the conversations we have with our First Nations people.

SPECIALIST PHONE HELPLINES
Your organisation offers access to one session of specialist support (available during business hours only) in addition to your existing Employee Assistance Program services.

FIRST NATIONS HELPLINE
When you call our First Nations helpline, you can feel safe in the knowledge that you will reach out with a counsellor of your choosing. Our experienced consultants are either First Nations themselves or have undertaken specialist training in cultural awareness. We provide a safe space for you to talk to someone who can empathise with your issues and provide support.

Our consultants can also arrange for referral to other services where necessary or upon request.

HOW DO THESE SERVICES SUPPORT YOU?
When you call one of our specialist helpline services, including our First Nations helpline, you can access additional support through referrals to external services, specialised information and resources.

Most importantly, you get to speak with an independent, experienced, trained and supportive counsellor, someone who is there for you during a challenging time.

MORE INFORMATION
You can find out more about our Specialist Phone Helplines by visiting our website at convergeinternational.com.au or calling 1300 OUR EAP (1300 687 327).

EAP Connect
Your Mobile Solution for on the go EAP Support by Converge International

Install today to find out more

Available on the App Store | Get it on Google play

To download search **EAP Connect** in your app store

T 1300 687 327
E eap@convergeintl.com.au
convergeinternational.com.au

Converge

NETWORK COMMUNICATED AND CREATED BY GARY WINKLER

Yarning Safe N Strong -

<https://www.vahs.org.au/yarning-safenstrong/>

Victorian Aboriginal Health Service have established a free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples. Yarning SafeNStrong is available to people and families who need to have a yarn with someone about their wellbeing.



Victorian Equal Opportunity & Human Rights Commission -

<https://www.humanrights.vic.gov.au/for-individuals/tailored-services/>

Our role at the Victorian Equal Opportunity and Human Rights Commission is to protect your human rights, to promote fair treatment for all Victorians, and advocate for a diverse and inclusive state. If you (or someone you know) has experienced discrimination, harassment or racial vilification, you have the right to speak up and be heard.



SERVICES & SUPPORT

Headspace – Yarn Safe

<https://headspace.org.au/yarn-safe/>

Headspace have a range of tools and resources to support mental health and wellbeing for Aboriginal and Torres Strait Islander peoples. There are centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, eheadspace or 1800 650 890. There's no shame in talking it out.



If you need crisis support: Call 13YARN on 13 92 76 (24 hours/7 days) to talk with an Aboriginal or Torres Strait Islander Crisis Support worker. This crisis line is run by Aboriginal and Torres Strait Islander people, for Aboriginal and Torres Strait Islander people. It is a free and confidential service. Find more information at: <https://www.13yarn.org.au/>



If you are looking for mental health support: contact your local ACCHO, AMS, GP, or SEWB service. See <https://www.naccho.org.au/naccho-map/> for a map of Aboriginal Community Controlled Health Organisations, or see here for a list of services.



For resources around mental health, wellbeing, and social and emotional wellbeing: Visit Gayaa Dhuwi (Proud Spirit) Australia, the peak body for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health, and suicide prevention, and the Healing Foundation, an Aboriginal and Torres Strait Islander organisation promoting trauma-aware, healing-informed practice.



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

For help in supporting others: Mob want to be there to support each other. Getting support from people with lived experience is valuable to ensure the care you receive is culturally safe. See the Stronger Together webpage by R U OK for stories and practical tips to empower you to support others.



For self-care resources: The Healing Foundation has outlined some tips for looking after yourself and keeping your family and community strong, along with some additional resources around having challenging conversations, dealing with misinformation and disinformation and racial stress and trauma. For resources for service providers: See WellMob for online resources for Aboriginal and Torres Strait Islander frontline health and wellbeing workers, with a focus on social and emotional wellbeing.



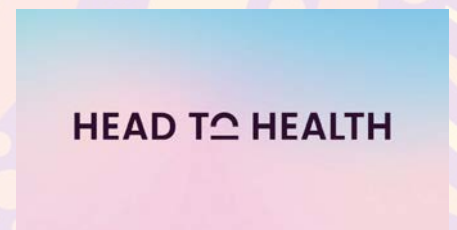
Healing Foundation
Strong Spirit • Strong Culture • Strong People

For resources for service providers: See Wellmob - <https://wellmob.org.au/> for online resources for Aboriginal and Torres Strait Islander frontline health and wellbeing workers, with a focus on social and emotional wellbeing.



Information for non-Indigenous people on being an ally
See the Ending Racism video and Check Up resources at <https://mk-engaged.anu.edu.au/ending-racism/>.

Head to Health - <https://www.headtohealth.gov.au/living-well/support-aboriginal-torres-strait-islander-people>



Black Dog Institute - <https://www.blackdoginstitute.org.au/resources-support/for-aboriginal-and-torres-strait-islander-peoples/>



iBobbly app - A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander peoples aged 15 years and over.

Completely private and confidential, it helps by showing you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>



Hey Mob! Interested in a traineeship?

Federation University has a strong commitment to provide opportunities for Aboriginal and Torres Strait Islander people to undertake a traineeship.

The skills and education you will receive can change lives and your traineeship will open doors to incredible career opportunities.

Your traineeship will provide you with a nationally recognised qualification and the experience needed to succeed when first starting or relaunching your career.

Traineeships provide a good opportunity to make connections, better your skills and start a career.

You will be supported to achieve and learn throughout your work and study with flexible hours of work.

There is a lot of cultural support for our Indigenous staff including our Indigenous Staff Network and opportunities to be a part of events such as NAIDOC week and Indigenous Nationals.

Keen to know more?
Deadly!



Student Jay Van Nus' winning MuralFest entry, Mt Helen Campus

We'd love
to hear from you

Contact our Senior Consultant,
Indigenous Workforce

Julie Sanders
on 03 5327 9786
for a yarn

or email

deadlycareers@federation.edu.au

Hey Mob!

At Federation University we are passionate about supporting the dreams and goals of Aboriginal and Torres Strait Islander peoples in employment and research.

We value diversity and inclusion in our workforce and have made a strong commitment to create real and meaningful opportunities for Aboriginal and Torres Strait Islander staff through our Aboriginal and Torres Strait Islander Workforce Strategy and Reconciliation Action Plan.

Our plans focus on creating a work culture where staff feel valued, respected and empowered to grow and lead.

How will we do this?

- by building respectful relationships and fostering a sense of community among our staff
- showing respect for the diverse Aboriginal and Torres Strait Islander peoples, culture, land and history, and
- promoting opportunities for Aboriginal and Torres Strait Islander Peoples and communities to engage with us.

Keen to know more?

Deadly! Contact our
Senior Consultant,
Indigenous Workforce



Julie Sanders on 03 5327 9786

for a yarn

or email

deadlycareers@federation.edu.au

Prefer us to call you? If you're interested in hearing from us about employment opportunities, leave your details and we'll call you:

Your
name

Contact
number

Email

We keep your details confidential and on file for 12 months, and will only contact you to discuss potential employment opportunities, or to ask your permission to share your details for the same reason.

**IF YOU HAVE A DEADLY STORY TO SHARE SEND IT THROUGH AND WE
WILL ADD IT TO OUR NEXT NEWSLETTER
EMAIL: AEC@FEDERATION.EDU.AU**

**IF YOU WOULD LIKE TO SUBSCRIBE TO THE MONTHLY NEWSLETTER,
PLEASE SEND US AN EMAIL!**