

# Continuing *The conversation*

## Improving Aboriginal and Torres Strait Islander Social and Emotional Wellbeing in Queensland



**You are invited to a community forum to contribute to the Queensland Aboriginal and Torres Strait Islander Social and Emotional Wellbeing Action Plan.**

### Social and emotional wellbeing

Social and emotional wellbeing influences the everyday lives of Aboriginal and Torres Strait Islander Queenslanders, their families and the community. It influences life outcomes in all areas including educational outcomes, employment and economic participation, physical health and mental health.

Aboriginal and Torres Strait Islander peoples have known about the importance of social and emotional wellbeing for thousands of years and it has enabled Aboriginal and Torres Strait Islander people to endure historical and present day hardship and adversity.

However, there is a need to support improved social and emotional wellbeing of Aboriginal and Torres Strait Islander peoples, families and communities.

### Be heard

The Queensland Mental Health Commission is working with stakeholders and communities to identify ways to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander Queenslanders.

To continue the conversation we are holding community forums throughout Queensland to hear from Aboriginal and Torres Strait Islander people about their experiences and what they believe can be done.

### The Action Plan

Feedback provided at the forums and in other consultations will inform the development of a Queensland Aboriginal and Torres Strait Islander Social and Emotional Wellbeing Action Plan 2016–18.

The Action Plan will aim to improve the social and emotional wellbeing of Aboriginal and Torres Strait Islander individuals, families and communities.

This includes reducing the incidence, severity and duration of mental illness, reducing suicide and its impact and preventing and reducing the adverse impact of alcohol and other drugs.

It is proposed the Action Plan will focus on supporting:

1. **Community participation**
2. **Community and family resilience**
3. **Individual social and emotional wellbeing.**

### Join the conversation

Attend your local community forum and share your thoughts:

When **Friday 20 May 2016**  
**10.00am–2.00pm**

Where **552-570 Anzac Avenue**  
**Toowoomba**

***\*Light refreshments will be provided***

You can also share your views with us by providing feedback on the *Improving Aboriginal and Torres Strait Islander Social and Emotional Wellbeing in Queensland* discussion paper. The discussion paper can be found at [www.qmhc.qld.gov.au](http://www.qmhc.qld.gov.au).

**Feedback is due by 30 June 2016.**

### Further information

Contact: 3033 0311

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#### QUEENSLAND MENTAL HEALTH COMMISSION

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2016/2683



