Strong Spirit Strong Mind

Resource Guide

The resources and materials within this Resource Guide are designed for the purpose of supporting local alcohol and other drug prevention, social and emotional wellbeing and health promotion activities in Western Australia.

These materials should not be used in such a way or associated with a brand, service or organisation that may reduce the effectiveness and/or integrity of the materials; may damage the reputation of the Strong Spirit Strong Mind brand, or supports, promotes or utilises sponsorship by companies that produce or promote alcohol beverage products or brands. Contact a Strong Spirit Strong Mind Aboriginal Programs team member for assistance interpreting the appropriate use of these materials.

Strong Spirit Strong Mind is a registered Trademark

May 2020

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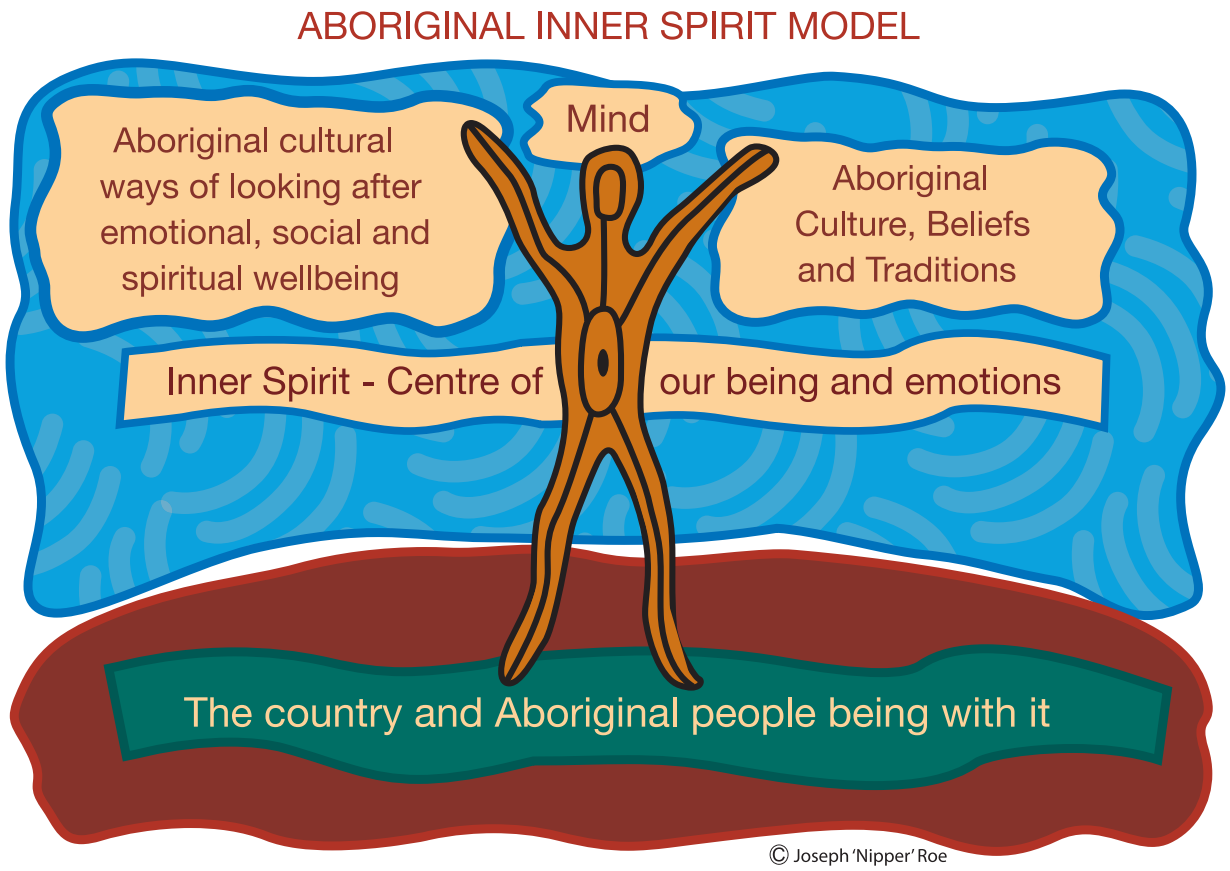
Strong Spirit Strong Mind

These words embrace the importance of strengthening our 'inner spirit' and were inspired by the Aboriginal Inner Spirit (Ngarlu) Model by the late Joseph 'Nipper' Roe of the Yawaru and Karajarri people in North Western Australia.

Strong Spirit Strong Mind (SSSM) promotes the uniqueness of Aboriginal culture as a central strength in guiding efforts to manage and reduce mental health and alcohol and other drug related harms in Aboriginal communities.



This resource guide

Strong Spirit Strong Mind Aboriginal Programs (SSSM) have developed a range of culturally appropriate resources that aim to increase awareness of alcohol, tobacco and other drug related harm and improve social and emotional wellbeing among Aboriginal people.

This Resource Guide provides information on the purpose and intended use of SSSM resources which should always be used in empowering and positive ways.

Key messages

- Alcohol and other drugs can weaken your spirit and your connections with family, community and country.
- Too much alcohol, tobacco or other drugs can affect you, your family and your community.
- If you do choose to drink alcohol or use drugs there are things you can do to reduce harm.
- There is no shame in asking for help, if you are worried about yourself or someone else's alcohol or drug use, call the Alcohol and Drug Support Line.
- Keep a strong spirit and a strong mind by doing activities that strengthen your physical, mental, social and emotional wellbeing.

Target audience

SSSM resources are specifically designed by Aboriginal people for Aboriginal and Torres Strait Islander people living in Western Australia.

COVID-19 resources

COVID-19 messaging

Strong Spirit Strong Mind Aboriginal Programs have developed a range of resources to meet the community's needs in response to the COVID-19 pandemic. The materials focus on improving the social and emotional wellbeing of Aboriginal people and reducing the impact of alcohol and other drug related harms on individuals, families, and communities.

These resources are specifically designed by Aboriginal people for Aboriginal and Torres Strait Islander people living in Western Australia.

Key messages

- Check in on friends and family, especially Elders, and ask if they are OK.
- Stay connected with family and friends by yarning on the phone or online.
- Keep a strong spirit and a strong mind by doing activities that strengthen your physical, mental, social and emotional wellbeing.
- If you are feeling down, there are services you can yarn with.
- Avoid using alcohol and other drugs to cope with your emotions.

A3 posters

Purpose

A way to distribute the campaign messages in places that the target group visit.

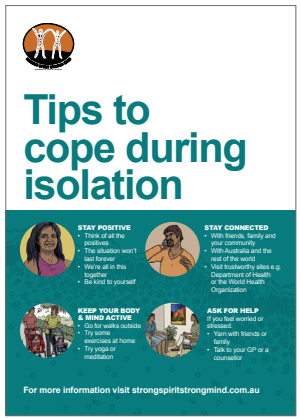
Tips!

- Order hard copies from the Resource Order Form.
- Download the PDF and print at the size that suits you, A5, A4 or A3.
- Place in local community areas such as Aboriginal Medical Services where they can be seen.
- Place on your organisation's website.
- Insert into local newsletters or local newspapers.
- Resources can include local contacts.

CLICK ON EACH POSTER TO VIEW AND DOWNLOAD A PRINT READY PDF

Keep a strong inner spirit

Look out for others



Tips to cope during isolation

Don't be shame to ask for help

Signs and symptoms of mental health issues

Strong Spirit Strong Mind - COVID-19 model

Dedicated COVID-19 webpage

Purpose

Provides further culturally appropriate information and resources about COVID-19, social and emotional wellbeing and alcohol and other drugs.

Tips!

- Share website link through your organisation's website or social media
- Refer clients and community to website information
- Other useful and trustworthy sites can be found in the "Further Reading and Resources" section on the website.

The URL for this page is: strongspiritstrongmind.com.au/getting-help/coronavirus/

Other useful COVID-19 resources

Alcohol.Think Again	alcoholthinkagain.com.au/Campaigns/Campaign/ArtMID/475/ArticleID/19/Glassbody-
Think Mental Health	thinkmentalhealthwa.com.au/mental-health-and-covid-19/
Department of Health WA	ww2.health.wa.gov.au/Articles/A_E/Coronavirus
Aboriginal Health Council of Western Australia	ahcwa.org.au/coronavirus-updates
Australian Government Department of Health	health.gov.au/resources/collections/coronavirus-covid-19-resources-for-aboriginal-and-torres-strait-islander-people-and-remote-communities
NACCHO	naccho.org.au/home/aboriginal-health-alerts-coronavirus-covid-19/stop-the-spread-of-coronavirus-covid-19/covid-19-resources/

Check the "Further Reading and Resources" section on the Strong Spirit Strong Mind website

Culturally secure resources

Brochures

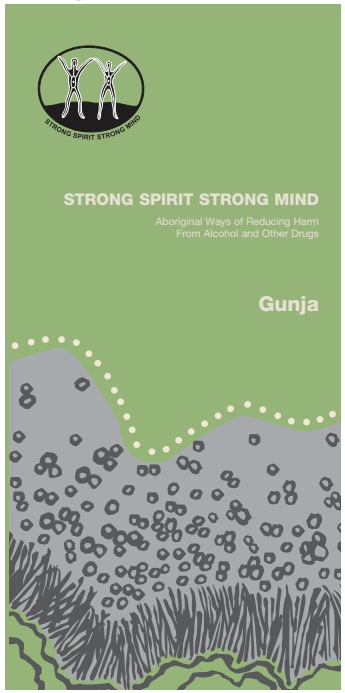
Purpose

Provides in-depth information about alcohol and other drugs and social and emotional wellbeing. Information within each brochure is tailored to a specific theme, so you can select the most appropriate ones for your organisation.

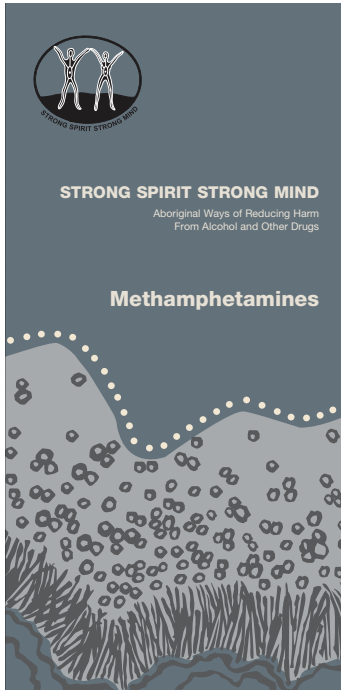
CLICK ON EACH BROCHURE TO VIEW AND DOWNLOAD A PRINT READY PDF

TIP!
Order hard copies from the Resource Order Form.

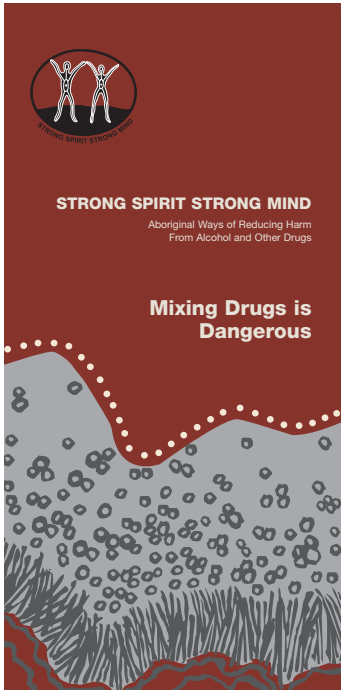
Drugs



Gunja

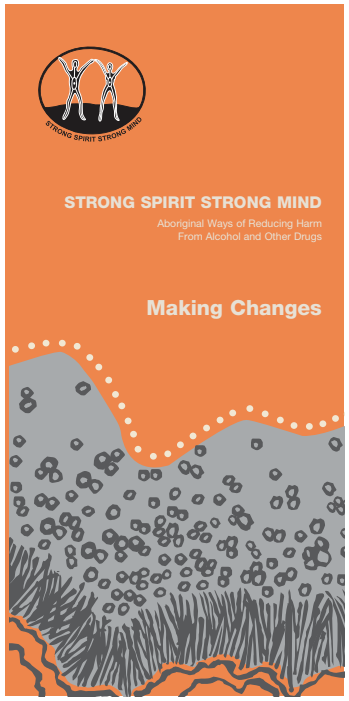


Methamphetamines

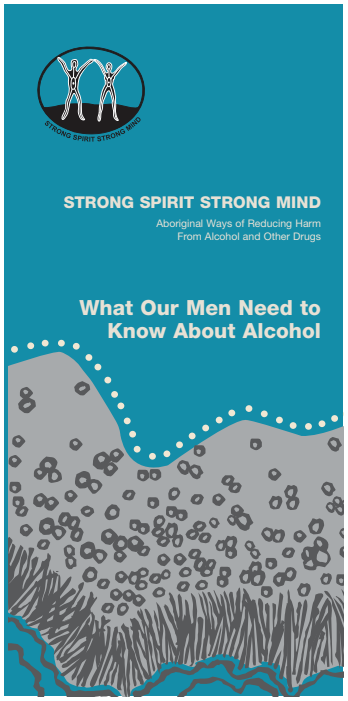


Mixing drugs is dangerous

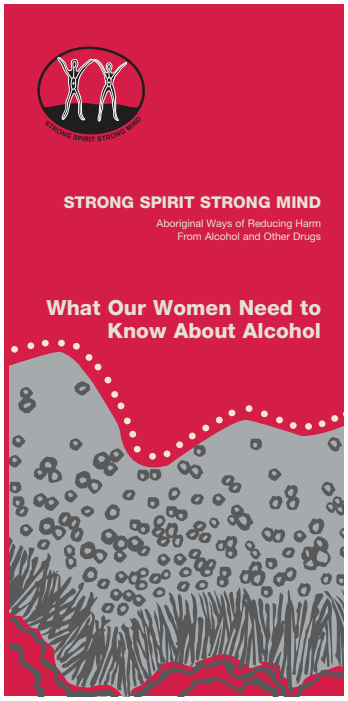
Alcohol



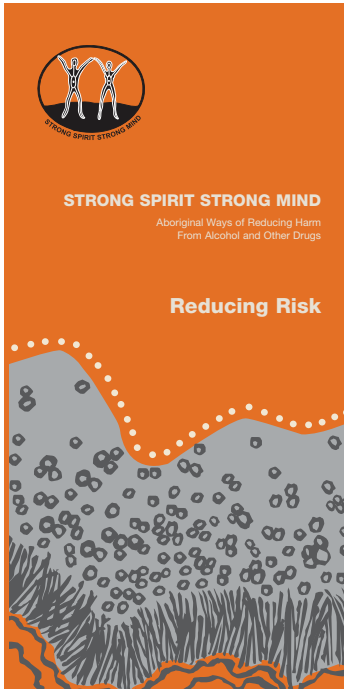
Making Changes



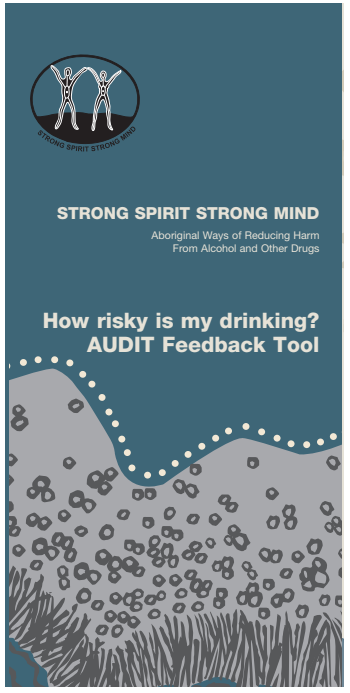
What Our Men Need to Know About Alcohol



What Our Women Need to Know About Alcohol



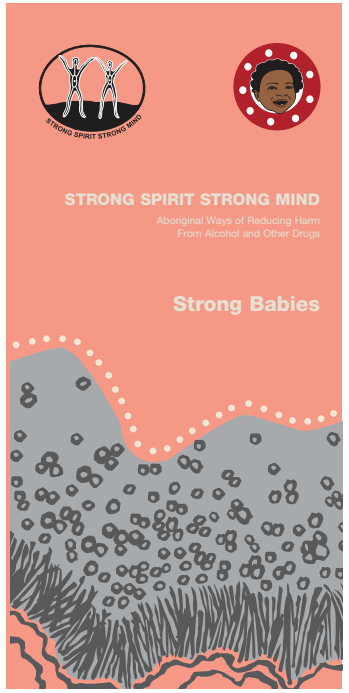
Reducing Risk



How risky is my drinking? AUDIT feedback tool

For professional use only

Pregnancy



Strong Babies

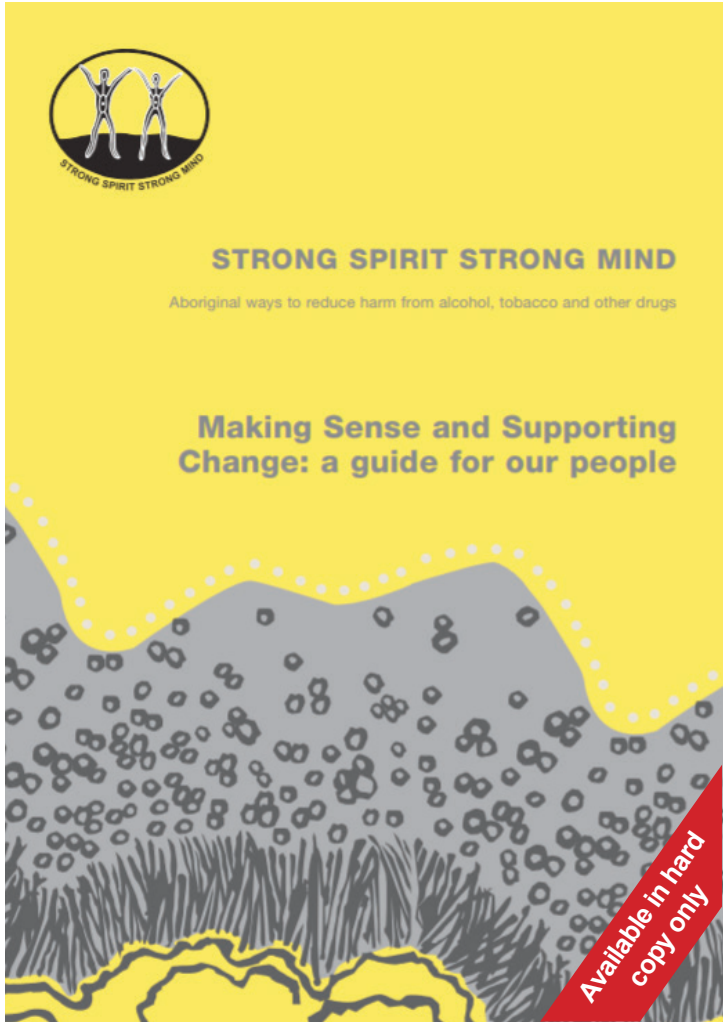
Booklet

Purpose

This 32 page booklet covers a range of topics; from colonisation, oppression, drug types, how alcohol and other drugs may be affecting the 7 Areas of your life, making changes, Action Plans and support networks.

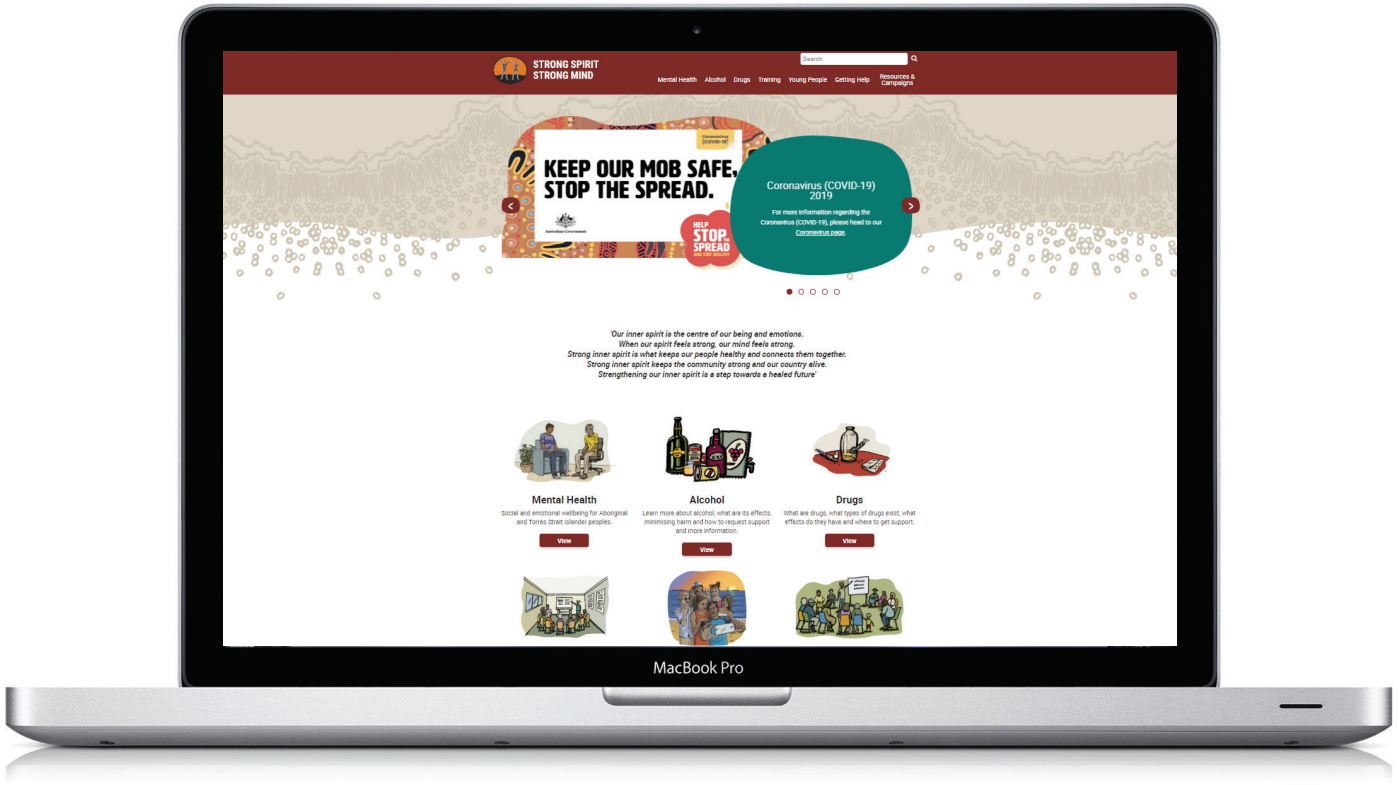
Tips!

Order hard copies through the Resource Order Form and discuss with clients or distribute to community.



Making Sense and Supporting Change: a guide for our people

Website content



Strong Spirit Strong Mind Aboriginal Program has a dedicated website which contains culturally secure and relevant information regarding the Strong Spirit Strong Mind Inner Spirit Model, social and emotional wellbeing and alcohol and other drugs. There are specific pages relating to key areas including mental health, alcohol, drugs, training, young people and resources and campaigns.

TIP!

Share website links through your organisation's website or social media. Refer clients and community to website information.

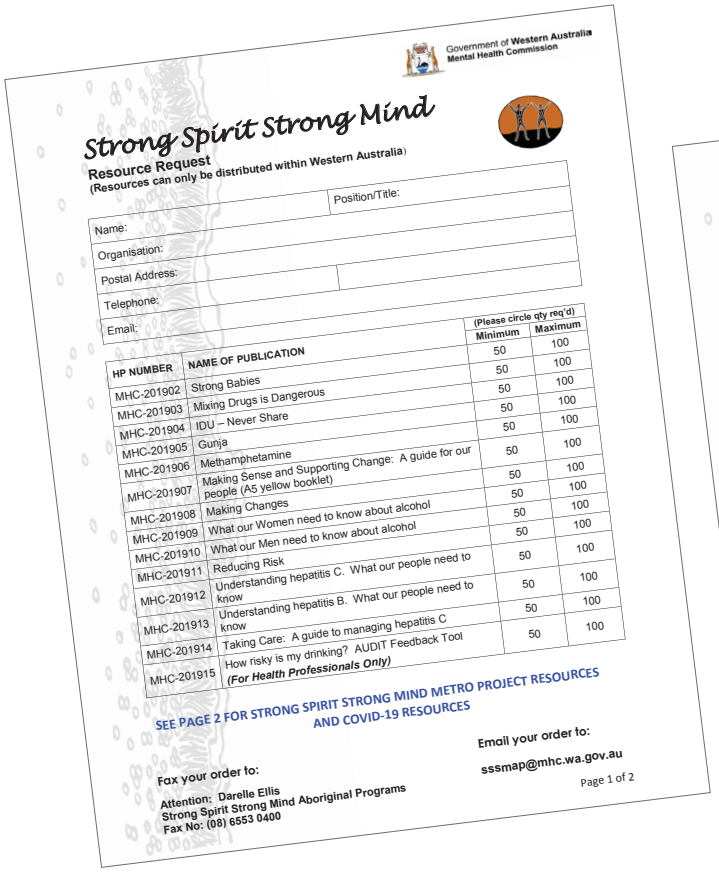
The URL for this website is: strongspiritstrongmind.com.au

Resource order form

Hard copies of many of the resources featured inside this toolkit are available for order.

Click here to access the resource order form.

Check in regularly, as over time more resources may be developed as needed.



Government of Western Australia
Mental Health Commission

Strong Spirit Strong Mind

Resource Request
(Resources can only be distributed within Western Australia)

Name:	Position/Title:
Organisation:	
Postal Address:	
Telephone:	
Email:	

HP NUMBER	NAME OF PUBLICATION	(Please circle qty req'd) Minimum	Maximum
MHC-201902	Strong Babies	50	100
MHC-201903	Mixing Drugs is Dangerous	50	100
MHC-201904	IDU – Never Share	50	100
MHC-201905	Gunja	50	100
MHC-201906	Methamphetamine	50	100
MHC-201907	Making Sense and Supporting Change: A guide for our people (A5 yellow booklet)	50	100
MHC-201908	Making Changes	50	100
MHC-201909	What our Women need to know about alcohol	50	100
MHC-201910	What our Men need to know about alcohol	50	100
MHC-201911	Reducing Risk	50	100
MHC-201912	Understanding hepatitis C. What our people need to know	50	100
MHC-201913	Understanding hepatitis B. What our people need to know	50	100
MHC-201914	Taking Care: A guide to managing hepatitis C	50	100
MHC-201915	How risky is my drinking? AUDIT Feedback Tool *(For Health Professionals Only)*	50	100

SEE PAGE 2 FOR STRONG SPIRIT STRONG MIND METRO PROJECT RESOURCES AND COVID-19 RESOURCES

Fax your order to:
Attention: Darelle Ellis
Strong Spirit Strong Mind Aboriginal Programs
Fax No: (08) 6553 0400

Email your order to:
sssmap@mhc.wa.gov.au

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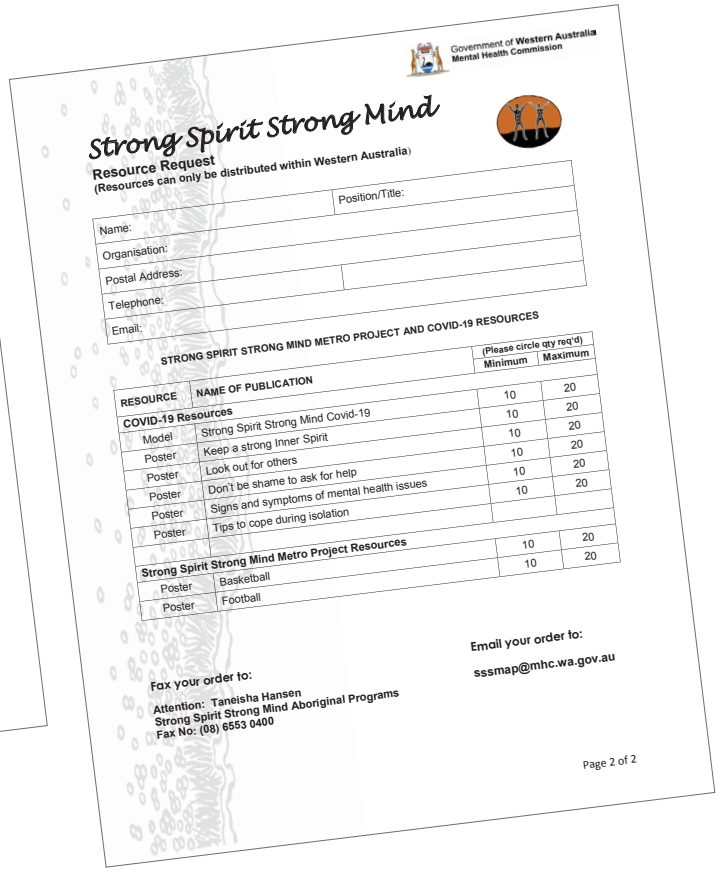

Government of Western Australia
Mental Health Commission

Strong Spirit Strong Mind

Resource Request
(Resources can only be distributed within Western Australia)

Name:	Position/Title:
Organisation:	
Postal Address:	
Telephone:	
Email:	

STRONG SPIRIT STRONG MIND METRO PROJECT AND COVID-19 RESOURCES

RESOURCE	NAME OF PUBLICATION	(Please circle qty req'd) Minimum	Maximum
COVID-19 Resources			
Model	Strong Spirit Strong Mind Covid-19	10	20
Poster	Keep a strong Inner Spirit	10	20
Poster	Look out for others	10	20
Poster	Don't be shame to ask for help	10	20
Poster	Signs and symptoms of mental health issues	10	20
Poster	Tips to cope during isolation		
Strong Spirit Strong Mind Metro Project Resources			
Poster	Basketball	10	20
Poster	Football	10	20

Fax your order to:
Attention: Taneisha Hansen
Strong Spirit Strong Mind Aboriginal Programs
Fax No: (08) 6553 0400

Email your order to:
sssmap@mhc.wa.gov.au

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Strong Spirit Strong Mind
Metro Project

Public education campaign

The Strong Spirit Strong Mind Metro Project aims to raise awareness of the harms associated with alcohol and other drug (AOD) issues among Aboriginal young people and their families and communities in the Perth Metropolitan area.

The Project focuses on young people aged 12 to 25 years and encourages these young Aboriginal people to develop the knowledge and attitudes to choose healthy lifestyles, promote healthy environments and create safer communities.

The Strong Spirit Strong Mind Metro Project campaign has been running since 2012 and aims to prevent and delay the early uptake of alcohol and other drugs by Aboriginal young people in the Perth metropolitan area. The campaign's key objectives are to increase young people's awareness of the risks/harms associated with alcohol and other drug use and improve awareness of the support services available.

Posters

TIP!
Order hard copies from the Resource Order Form.

CLICK ON EACH POSTER TO VIEW AND DOWNLOAD A PRINT READY PDF

Social media

Purpose

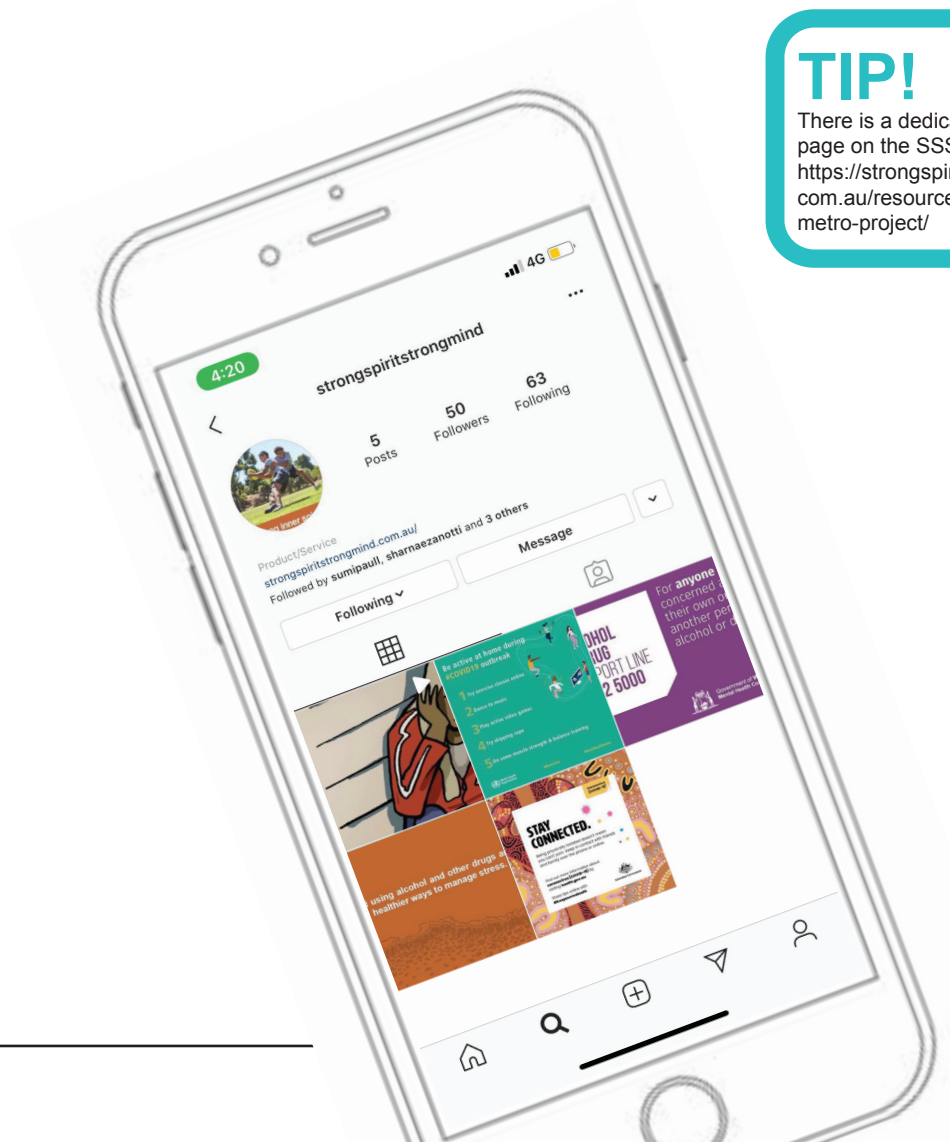
Share important and key program messages through Instagram and Facebook, which also provide links to further information.

Tips!

- Like and follow our Instagram and Facebook pages
- Share our posts on your organisation's social media page
- Refer clients and community members to SSSM Instagram page for further information

Instagram handle:
@strongspiritstrongmind

Facebook:
facebook.com/Strong-Spirit-Strong-Mind-Metro-Project-169599679764303/
or search
Strong Spirit Strong Mind Metro Project



TIP!

There is a dedicated campaign page on the SSSM website - https://strongspiritstrongmind.com.au/resources-campaigns/metro-project/

Support services

Alcohol, Other Drug and Prevention Services, Mental Health Commission
Strong Spirit Strong Mind Aboriginal Programs 6553 0600 or email sssmap@mhc.wa.gov.au
Community Support and Development Programs 6553 0600 or email communityprograms@mhc.wa.gov.au

Alcohol and Drug Support Line (08) 9442 5000 or 1800 198 024 (country callers)

Parent and Family Drug Support Line (08) 9442 5050 or 1800 653 203 (country callers)

Beyond Blue	1300 22 4636 or beyondblue.org.au
Lifeline	131 114 or lifeline.org.au
Kids Helpline	1800 551 800 or kidshelpline.com.au
Mental Health Services	131 465
Suicide Callback Service	1300 659 467 or suicidecallbackservice.org.au
MensLine Australia	1300 789 978 or mensline.org.au

For a full comprehensive list of contacts and supports services, please visit: strongspiritstrongmind.com.au/getting-help/

STRONG SPIRIT STRONG MIND