

Queeroboree

P R E S E N T S

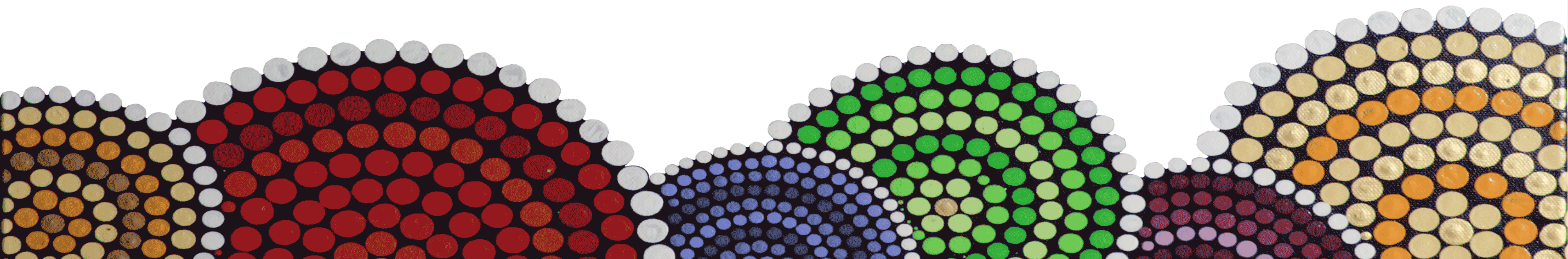
Suicide related behaviour among Aboriginal and
Torres Strait Islander LGBTIQ+SB people

Black Rainbow


mhpn
Mental Health Professionals' Network

Acknowledgement

MHPN would like to acknowledge the Traditional Custodians of the unceded lands, seas and waterways across Australia upon which our webinar presenters and participants are located. We wish to pay our respect to Elders past and present and we acknowledge the sovereignty of all First Nations people.



This webinar

Is the result of a unique partnership between Black Rainbow and the Mental Health Professionals' Network. This is the third webinar of the Queeroboree series produced under this partnership exploring how practitioners can better support the mental health and social and emotional wellbeing needs of the Aboriginal and Torres Strait Islander LGBTIQ+SB community.

This webinar will discuss the “Suicide related behaviour among Aboriginal and Torres Strait Islander LGBTIQ+SB people” research led by Madi Day. It will explore social, cultural, emotional well-being, and protective factors associated with suicide among Aboriginal and Torres Strait Islander LGBTIQ+SB people.

Today's Panel



Dameyon Bonson (He/Him)
Black Rainbow



Facilitator:
Prof. Damien Riggs (He/Him)
Psychotherapist

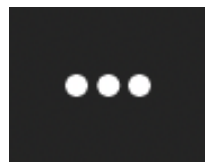
Research Lead



Madi Day
Lecturer at Macquarie University
– Indigenous Studies

Webinar platform

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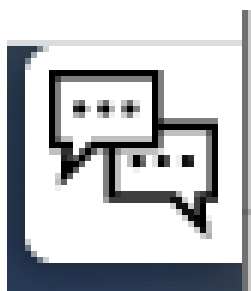
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Learning Outcomes

- Discuss research around suicide-related behaviour among Aboriginal and Torres Strait Islander LGBTIQ+SB people.
- Outline social, cultural and emotional wellbeing and protective factors for suicide in Aboriginal and Torres Strait Islander LGBTIQ+SB people.
- Discuss the factors that contribute to compounded layers of trauma for Aboriginal and Torres Strait Islander LGBTIQ+SB people.
- Discuss solutions to improve wellbeing and reduce suicide risk in Aboriginal and Torres Strait Islander LGBTIQ+SB people.

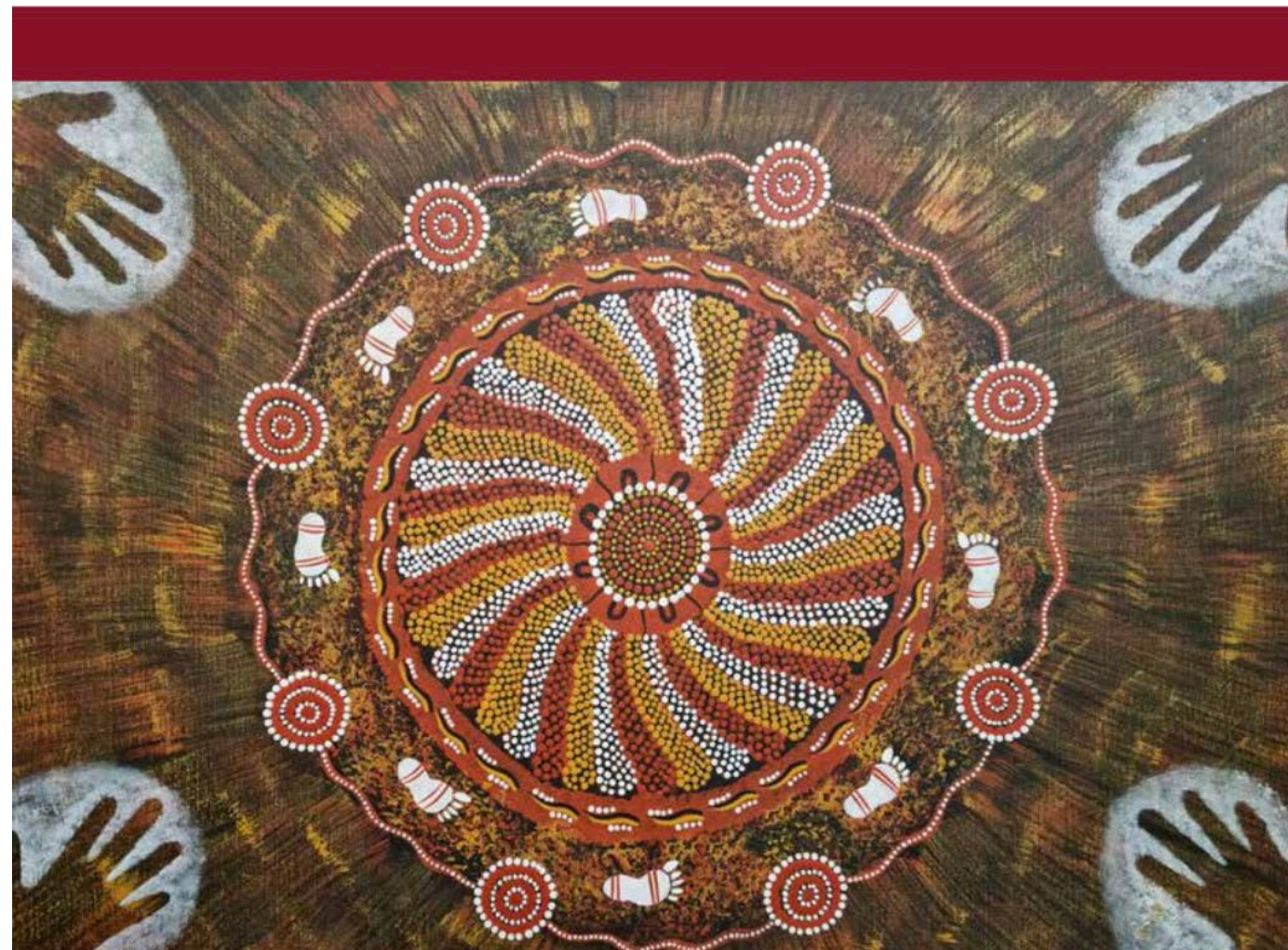
Aboriginal and Torres Strait Islander
LGBTQIASB+ people and
mental health and wellbeing

Madi Day, Bronwyn Carlson, Dameyon Bonson and Terri Farrelly

Aboriginal and Torres Strait Islander LGBTQIA+SB people and mental health and wellbeing.

This report provides an overview of available literature about Aboriginal and Torres Strait Islander LGBTQIA+SB people and social and emotional wellbeing, and a comparative analysis of literature about Aboriginal and Torres Strait Islander people, LGBTQIA+SB people and suicide.

The Research Team: Madi Day, Bronwyn Carlson, Dameyon Bonson & Terri Farrelly



Data collection and binary categories

While this report uses statistics that refer to Aboriginal and Torres Strait Islander people as ‘male/female’, ‘men/women’ or ‘boys/girls’, this is not an adequate reflection of the reality of gender in Aboriginal and Torres Strait Islander communities or the Australian population in general.

Research

Aboriginal and Torres Strait Islander LGBTQIA+SB people are under-represented in research and have been largely missing from national studies into sexuality, gender and sex diversity. In a submission to the Australian Human Rights Commission (AHRC) in 2015, Black Rainbow observed the absence of a national strategy, plan or research to identify and meet the needs of Aboriginal and Torres Strait Islander LGBTQIA+SB people (Bonson, 2016).

Key points from the report

- High rates of suicide-related behaviour among Aboriginal and Torres Strait Islander people, combined with similar evidence relating to LGBTQIA+ people, suggest compound risk of suicide-related behaviour among people who are both Aboriginal and Torres Strait Islander and LGBTQIA+SB
- This report identifies that Aboriginal and Torres Strait Islander LGBTQIA+SB people are at a higher risk of family violence as well as assault and harassment which results in compounded and layered trauma

Key points from the report

- The report highlights trauma, marginalisation, and discrimination as contributing risk factors in suicide-related behaviour among Aboriginal and Torres Strait Islander LGBTQIA+SB people.
- This suggests that there is a relationship between higher risk of family violence as well as violence, discrimination and marginalisation, and suicide for Aboriginal and Torres Strait Islander LGBTQIA+SB people.

Key points from the report

- Aboriginal and Torres Strait Islander LGBTQIASB+ people may also be hesitant to access health, mental health and other suicide prevention services – particularly those that are LGBTQIA+SB non-Indigenous services.
- The report highlights the significant agency and resilience shown by Aboriginal and Torres Strait Islander LGBTQIA+SB communities in the face of violence, marginalisation and discrimination.

Protective Factors

The research also found that there are a number of protective factors that can help Aboriginal and Torres Strait Islander LGBTQIA+SB people to maintain good mental health and wellbeing.

These include:

- Strong cultural identity
- Strong social support networks
- Access to culturally appropriate mental health services
- Education and awareness about LGBTQIA+ issues
- Support from family and friends

Recommendations

- There is a need for more research on the mental health and wellbeing of Aboriginal and Torres Strait Islander LGBTQIA+SB people.
- There is a need for more culturally appropriate mental health services for Aboriginal and Torres Strait Islander LGBTQIA+SB people.
- There is a need for more education and awareness about the mental health and wellbeing of Aboriginal and Torres Strait Islander LGBTQIA+SB people.
- There is a need for more support for Aboriginal and Torres Strait Islander LGBTQIA+SB people who are experiencing mental health problems.
- There is a need for more advocacy for the rights of Aboriginal and Torres Strait Islander LGBTQIA+SB people.

Register your interest in joining an MHPN Aboriginal and Torres Strait Islander network

MHPN is establishing a new interdisciplinary network for mental health professionals with the purpose of bringing practitioners together who have a shared interest in Aboriginal and Torres Strait Islander mental health.



Register your interest here

Q&A



Dameyon Bonson (He/Him)
Black Rainbow



Facilitator:
Prof. Damien Riggs (He/Him)
Psychotherapist



 Ask a Question

Ask a question: To ask the speakers a question, click on the three dots and then 'Ask a Question' in the lower right corner of your screen.

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The Village

What is it?

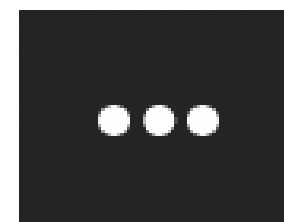
The Village is a 7-week program for parents of gender diverse and gender non-conforming children. This program is for parents who wish to share and talk through experiences and anxieties they may be feeling. The group discusses various topics each week facilitated by a Queerspace host and a Queerspace counsellor.

queerspace
our health in our hands

Recommended Resources

For access to resources recommended by the panel, click on the three dots in the bottom right-hand corner of the video player and then ‘Info’ and then Supporting Resources.

1.



2.



3.

Supporting Resources

Thank you for your participation

- Please ensure you complete the feedback survey before you log out.
- Your Statement of Attendance will be emailed within four weeks.
- You will receive an email with a link to the recording and resources associated with this webinar in the next few weeks.

Please share your valuable feedback by
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Upcoming webinars

Comcare: Supporting client/patients with PTSD to participate in good work on Tuesday 11 July at 7.15pm AEST

Emerging Minds: Practice skills to promote infant and parent mental health in the first twelve months of life, Tuesday 15th August at 7.15 pm AEST

MHPN: Latest innovations to imbed and sustain trauma informed care on Thursday August 24th at 7.15pm (AEST)

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MHPN Online programs

Podcasts – latest release:

Three Part Series - *Emergency Workers: Responder Assist* - Available now on MHPN Presents via our website, Spotify & Apple Podcasts.

Listen to the latest episodes of MHPN's other podcast shows and series including "*A Conversation About... Aboriginal and Torres Strait Islander People, Climate Change and Covid 19*".

Sign up through our portal on the MHPN website to ensure notification of upcoming webinars, podcasts and network activity.

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MHPN Network

MHPN supports over 350 networks across the country where mental health practitioners meet either in person or online to discuss issues of local importance.

Visit www.mhpn.org.au to join your local network.

Interested in starting a new network? Email: networks@mhpn.org.au and we will step you through the process, including explaining how we can provide advice, administration and other support.

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Suicide related behaviour among Aboriginal and
Torres Strait Islander LGBTIQ+SB people

THANK YOU FOR PARTICIPATING

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Black Rainbow

