

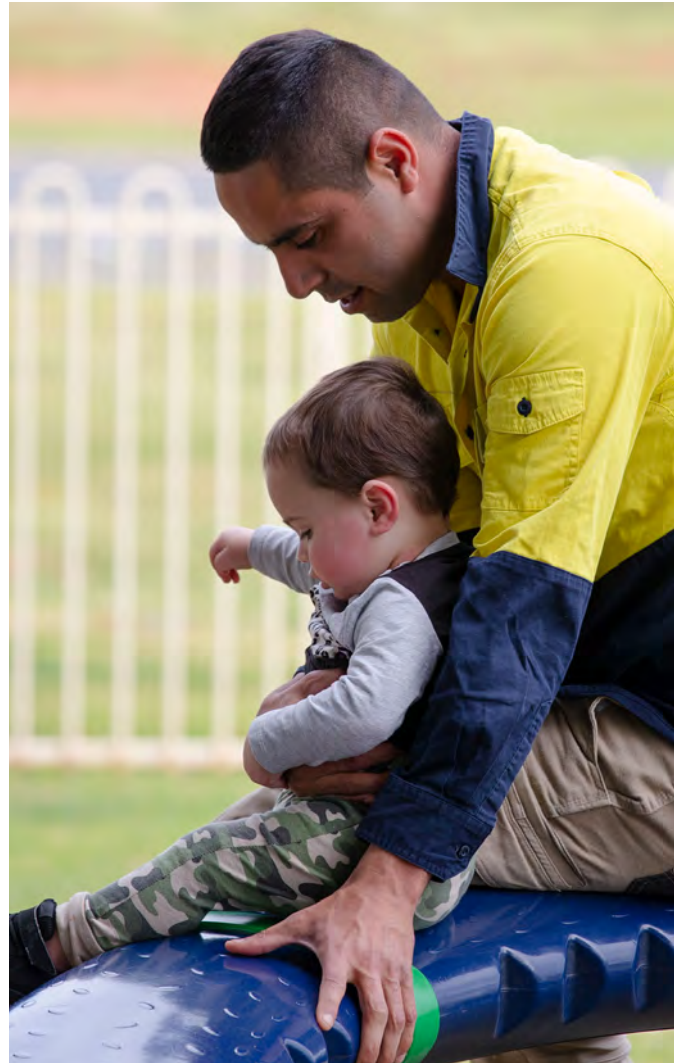
Working with Emerging Minds as an Aboriginal and Torres Strait Islander lived experience advocate

Emerging Minds develops resources to help workers who support children's social and emotional wellbeing and their families and communities. These resources include things like podcasts, videos, written resources and online e-learning courses. You can take a look at some of these resources on our website at emergingminds.com.au.

Working with us

In our work it is important for us to hear, learn and be guided by the voices of our Aboriginal and Torres Strait Islander lived experience advocates. We know that it's not our business to be telling First Nations people how to work with their communities, families and children, so we only create resources within Aboriginal and Torres Strait Islander partnerships to help services and workers to be more culturally responsive, safe and effective.

We learn from people who work in Aboriginal and Torres Strait Islander health, social and emotional wellbeing services, and from community-driven and authorised research that supports First Nations families and children. Our National Aboriginal and Torres Strait Islander Social and Emotional Wellbeing Consultancy Group guides us and keeps us on track with the messages we are trying to get across in all of our resources. Aboriginal and Torres Strait Islander Lived Experience Advocates are members of the community who share their current and past lived experiences and understandings, to help Emerging Minds do meaningful and helpful work.



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There are specific knowledges that Aboriginal and Torres Strait Islander people bring to this work – understandings about life and how it is for First Nations families. As a part of this codesign process, one of our Lived Experience Advocates told us, “We want to teach our kids to dream, not just survive”.

ROSETTA MILERA

The work we might ask for your help with might include:

- surveys and questionnaires
- phone or video interviews
- groups and workshops
- developing and providing feedback on resources
- sharing personal stories
- writing and co-writing resources
- policy development
- funding applications
- co-facilitating staff training and development
- providing guidance and advice to the organisation
- evaluation activities; and
- talking with the media.

Everyone has areas of strengths in their knowledge and experience where they can best support Emerging Minds with projects. We will try to make sure we learn to recognise the areas of work that you are most interested in and are comfortable speaking about. It's OK for you to tell us, 'No' if you can't take part because of family or cultural obligations, or any other commitments in your life – this doesn't mean we won't ask you again another time.

If you haven't heard from us for a while, it doesn't mean we don't value you! We might not have anything happening that would fit with your experience, or we might be working with some other lived experience advocates. We will get back in touch with you when there is a project that's right for you.

Payment

We will always pay you for your time and contribution, as well as covering costs such as travel or childcare that help you to be able to work with us. Generally you will be paid within 14 days.

Looking after your wellbeing

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**If you're not looking after yourself,
you can't look after others!’**

LIVED EXPERIENCE ADVOCATE

It's important to look after your own social and emotional wellbeing while you're doing this work. If you start to feel stressed or upset, some things that you might find helpful are:

- yarnning to family and friends or someone you're comfortable with
- taking time out, so you don't get burnt out
- healing on Country
- going for a walk
- sitting and reflecting
- sharing stories on Country
- pampering yourself
- listening to music; or
- doing artwork – weaving, painting or carving.

Support

Remember that sometimes when doing this work, strong emotions and memories can be triggered. Be kind to yourself and know that you can stop at any time. Ask for support if you need it, and find a place that helps you feel grounded and safe.

Some people feel most comfortable yarnning with family or Community, but others might like to seek confidential support from someone outside of their family and Community networks.

Rosie Schellen (0439 433 522) and Bec Edser (0438 163 287) from Emerging Minds can confidentially support you before, during and after your involvement. If you can't reach them, you can call their manager Dan Moss on 0438 387 431.

Other free and confidential 24-hour supports include:

Phone

- 13YARN 24/7 Crisis Support for Aboriginal and Torres Strait Islander people: 13 92 76
- Lifeline: 13 11 14
- Beyondblue: 1300 22 4636
- SANE Australia: 1800 18 7263
- Brother to Brother – Aboriginal men's crisis line: 1800 435 799

... or contact your local Aboriginal &/or Torres Strait Islander [Community Controlled Health Service](#).

Online

- [Well Mob – Healing Our Way](#)
- [iBobbly app](#)



Artwork by Josie-Anne Wilson – Ngarrindjeri

'It's my story about the many years of struggles our people have overcome to maintain strong family connections of togetherness.'

