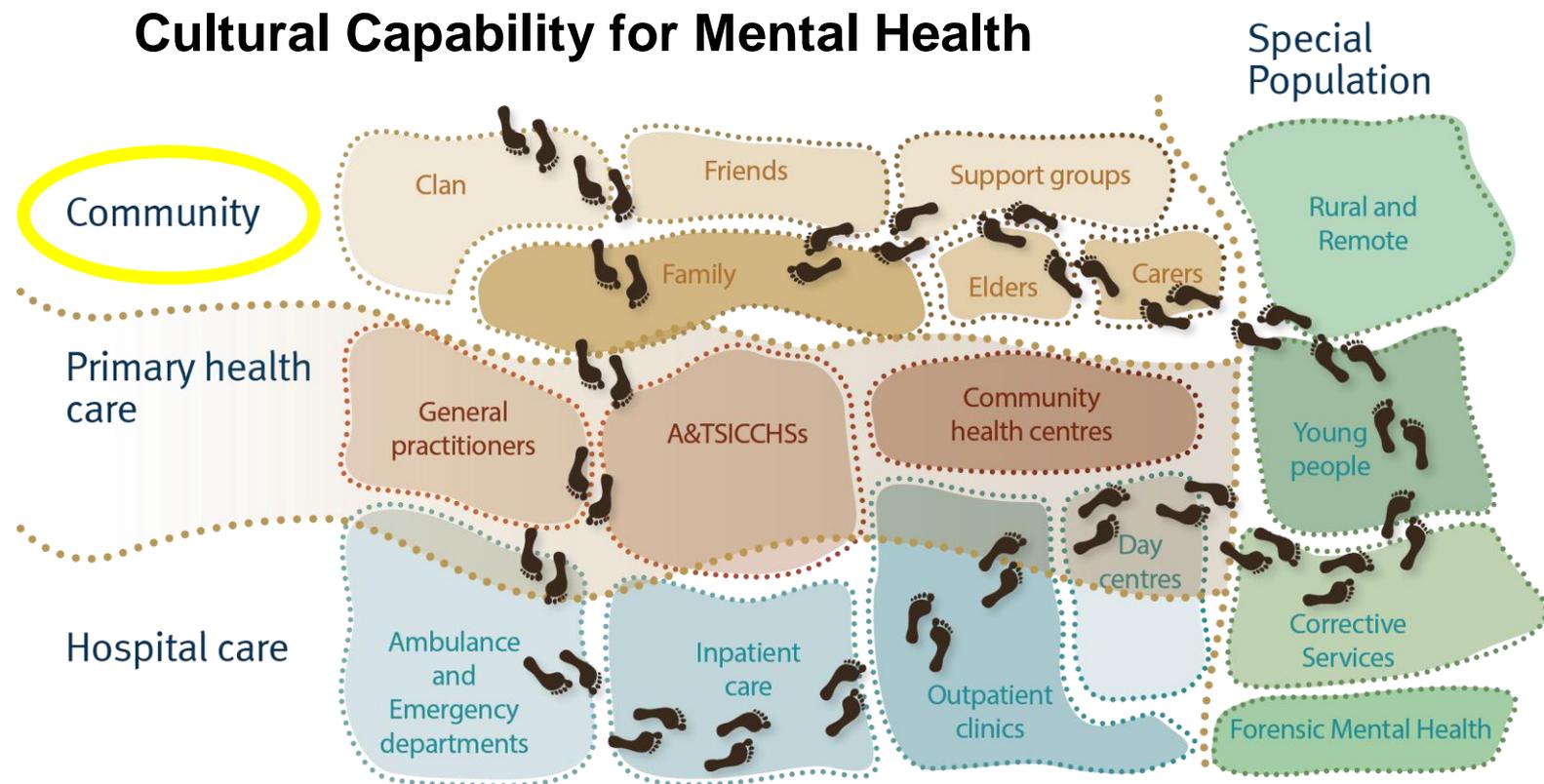


Cultural Capability for Mental Health



Community

The community is a rich source of support and meaningful goals. This is where a person finds hope.

- Work with the person to identify their family, friends, and supports in the community.
- Communication with carers is vital. Find ways to share that take into account the cultural and personal views of privacy and respect, whilst engaging carers in planning and support.
- Help them to articulate their role in their community, and their sense of identity.
- Link the person into supports, groups and activities that focus on wellbeing early.
- Ask Elders for cultural support and guidance for the person.
- Peer support and sharing with people with lived experience can be positive ways for people to re-establish a sense of belonging. This can include different types of 'communities', e.g. formal and informal networks, and online support. Check out the [Proppa Deadly](#) project as an example of cultural support online.
- We may find ourselves making judgments about a person's community (e.g. "those friends are keeping him on the grog and drugs"). Have a yarn with the person about the roles that different people play, and how the community can help to provide positive supports.