How to find help and more information

- If you need to talk to someone, help is available at Lifeline on 131 114 or online. Alternatively you can call the Suicide Call Back Service on 1300 659 467.
- For young people 5-25 years, call kids help line 1800 55 1800
- For resources on social and emotional wellbeing and mental health services in Aboriginal Australia, see here.
- The NACCHO app for finding your local community controlled health service: http://www.naccho.org.au/naccho-app/
- Beyond Blue: 1300 22 4636 – 24 hours/ 7 days a week https://www.beyondblue.org.au/get-support/get-immediate-support
- Your local church helpline.

#IHMayDay17 is an annual Twitter event, led by James Cook University academic Dr Lynore Geia, that takes a strengths-based approach and privileges the voices of Aboriginal and Torres Strait Islander people to discuss health matters.

On Wednesday, 17 May, #IHMayDay17 is co-hosted by the University of Canberra, in conjunction with Croakey.

At the University of Canberra, #IHMayDay17 is supported by Professor Radoll, the University of Canberra Collaborative Indigenous Research Initiative (UC CIRI), the Faculty of Arts and Design, and the Faculty of Health.

A program of guest tweeters will run from 7am until 10.15pm AEST. Discussions will be moderated by Dr Geia, Professor Peter Radoll, Dean of Aboriginal and Torres Strait Islander Leadership and Strategy at the University of Canberra, and Croakey Contributing Editor, Ms Summer May Finlay.