



Stepping Out into Our Future

Artwork: Creative representation of Palm Island by Dr Lynore Geia

#IHMayDay18

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>
- Headspace – The National Youth Mental Health Foundation <http://headspace.org.au/>
- Your local church helpline.

.....

#IHMayDay 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 Thursday, 31 May, #IHMayDay18 is co-hosted on Palm Island by the local TAFE, and the Palm Island Centenary Committee, in conjunction with Croakey.

A program of guest tweeters will run from 7am until 10.00pm AEST. Discussions will be moderated by Dr Geia and Croakey Contributing Editor, Ms Summer May Finlay.