Non-Indigenous people are invited to participate in #IHMayDay18 by:

- Listening to the voices and messages from the tweets by Aboriginal and Torres Strait Islander people
- Re-tweeting tweets marked #IHMayDay18
- Pledging to fill your timeline with #IHMayDay18 – and to share the news about the event with your networks
- Encouraging politicians to listen to #IHMayDay18 and to participate. Ping them on Twitter by including their Twitter names at the end of your tweets.
- Reflecting upon how you can do more to listen to Aboriginal and Torres Strait Islander people as part of your everyday
- Following and supporting @IndigenousX

#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.