

PASIFIKA AND MAORI YOUNG PEOPLE

**WE
ARE OUR
STRONGEST
ASSETS**

LIVE FOR SUCH A TIME AS THIS



WHAT IS MENTAL HEALTH?

- Mental health is about how you think, feel, and act. It affects your mood, your relationships, and how you handle stress.
- It's important because it impacts your overall wellbeing and happiness

WHY DOES MENTAL HEALTH MATTER?

- Pasifika and Māori communities are at a higher risk of suicide due to mental health issues.
- Having good mental health helps you enjoy life, deal with challenges, look after your family and build strong relationships



CULTURE AND IDENTITY

- For Pasifika and Maori young people culture and identity are crucial in shaping young people's experiences and perceptions of mental health.
- Understanding culture and identity is essential for providing effective mental health care engagement to Pasifika and Maori young people.





OUR CULTURAL VALUES

Culture plays an important part to how we look after our mental health and how we seek mental health support. These are some of the values that are important to us:

- Family
- Respect
- Spirituality and Faith
- Culture
- Collective
- Reciprocity
- Connection

When these values are present and incorporated in any space or environment we feel more connected and engaged



OUR CULTURAL STRENGTHS

- Pasifika and Maori communities are deeply rooted in the value of Aiga/ Whanau (family). The strong family bonds and sense of belonging provide a robust support system. This close-knit structure ensures that individuals are never alone in facing life's challenges, fostering an environment where mental health can thrive.
- We have traditional methods like talanoa (open conversation) and karakia (prayer) to support your mental health
- Respect ('fa'aaloalo') is a cornerstone of Pasifika culture. Honoring elders and valuing their wisdom promotes a respectful and supportive environment. This respect extends to how mental health is approached, ensuring that individuals feel valued and heard
- We lean on our elders and community leaders for advice and support as the holders of traditional knowledge and wisdom
- We are resilient communities conquering many tough challenges and economic struggles
- We have shared responsibility for the wellbeing of all community members



NEED HELP NOW?

If you need help now please call one of the phone numbers below which are available for support 24 hours a day, 7 days a week:

- Beyond Blue - 1300 22 4636
- Lifeline - 13 11 14
- Suicide Call Back Service - 1300 659 467
- Kids Helpline - 1800 55 1800
- MensLine - 1300 789 978

RESOURCES

- [Embrace Multicultural Mental Health](#)
- [Pasifika and Maori Health and Wellbeing Strategy Website](#)
- [Head to Health](#)

This resource was developed in an initiative led by young Pasifika and Maori people in Queensland administered by Divine Ministries.Inc . It aims to raise mental health awareness and support. It emphasises the value of life and the opportunity to improve mental health in communities through strength-based approaches and intentional living, inspiring young individuals to make a positive difference.