



What does reconciliation mean to Eastern Health

27th May – 3rd June

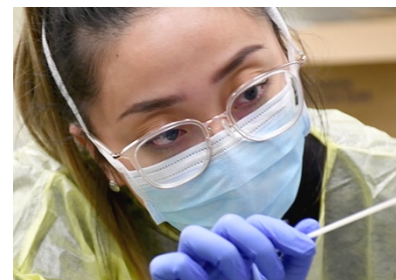
Our theme for #NRW2020 – In this together – is now resonating in ways we could not have foreseen when we announced it last year, but it reminds us whether in a crisis or in reconciliation we are all #InThisTogether.

Protect your mob and stop the spread

How you can stay healthy and safe during the COVID-19 pandemic

COVID-19 presents risks for everybody in the community, but it is a greater risk for Aboriginal and Torres Strait Islander people and people living in remote communities.

There are higher rates of other health issues in these communities and it can be harder to access health care. People in the community are very mobile and often rely more on outreach services in remote places.



Sports Day Brings Community Together



Before a time of physical distancing, Eastern Health held a Community Sports Day in Healesville to help Close the Health Gap. The annual Closing the Gap Family sports day is a highlight in the Eastern Health events calendar, allowing residents of Melbourne's east and Eastern Health staff to come together and "connect with respect".

Watch the highlights video at [easternhealth.org.au](https://www.easternhealth.org.au)

Aboriginal Health Team

We are a community-based health service located in Healesville that is accessible by Aboriginal people and their families living anywhere in Eastern Health's catchment. The service adopts a holistic approach in line with cultural best-practice and, as such, provides a broad range of services which are available both on-site in Healesville and through home visits and outreach.

Contact the Aboriginal Health Team via (03) 5957 1100 or email AHTintake@easternhealth.org.au

Improving Social and Emotional Wellbeing through collaboration



The Eastern Health Mental Health Social and Emotional Wellbeing Team (MH SEWB Team) commenced in February 2019 to support the Mental Health Program (MHP) in providing improved culturally aware and informed care for Aboriginal and Torres Strait Islander people. This team builds upon the MHPs successful initiative of improving access and working towards culturally informed care for Aboriginal people at Maroondah Prevention and Recovery Care (PARC) Service.

Mental health challenges, self-harm and suicide have been reported at double the rate of non-Aboriginal people for at least a decade. It has been estimated that 22% of the health gap that exists between Aboriginal and non-Aboriginal people is attributed to mental health and related conditions.

The MHP SEWB Team, comprised of Aboriginal and non-Aboriginal staff, works closely with the Eastern Health Aboriginal Hospital Liaison Officer, the Aboriginal Health Team and Aboriginal Community Controlled Organisations (ACCO) /Aboriginal-focused service providers within the eastern metropolitan region.



Care Packs Help Us Stay Connected

The Aboriginal Health Team (AHT) is being creative during this challenging time, making sure they stay connected to their community despite the temporary suspension of face-to-face Social Support Groups.

Where you can get help

The 24/7 National Coronavirus Helpline, 1800 200 080 is the best place to go if you need information on coronavirus (COVID-19).