

NAIDOC Week Online Events

The theme for NAIDOC Week 2020 'Always Was, Always Will Be' recognises that Indigenous Australians have occupied and cared for this continent for over 65,000 years.

While we might be celebrating in different ways this year, we can use this opportunity to unite and continue to forge a stronger path towards reconciliation.

[Check out the events >](#)

Supporting our Indigenous Community

Eastern Health's Mental Health team strive to provide an inclusive and caring experience, and the Aboriginal Mental Health service in the east is committed to providing access to help seekers in the most culturally aware way possible.

Employing members of the indigenous community in mainstream roles and client-facing positions is just the start. Those same team members are educating our non-indigenous staff on how to provide culturally safe spaces for clients to tell their stories, as well as sharing information on the background to intergenerational trauma.

Eastern Health is committed to closing the health gap and to continue learning about how those needs best be managed. [Watch the video >](#)





Eastern Health Recognises NAIDOC Week

"For Eastern Health, we recognise how fortunate we are to have such a rich, local Aboriginal and Torres Strait Islander population."

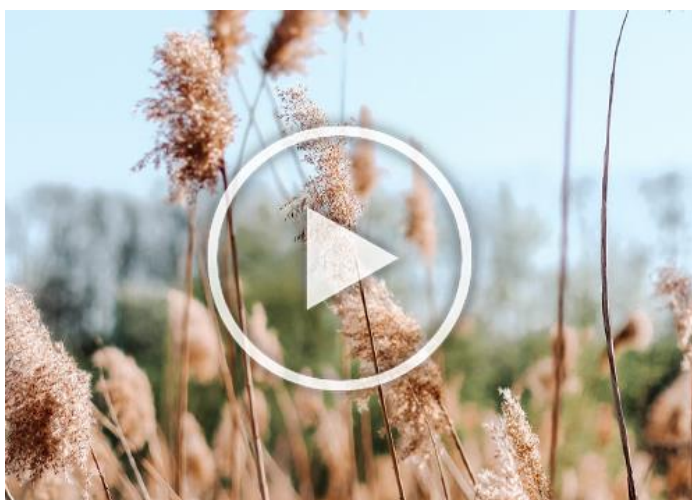
[Hear more reflections on NAIDOC Week from staff at Eastern Health >](#)

Thunderstorm Asthma

"November is classically the month where all our episodes of thunderstorm asthma in Melbourne have occurred".

Professor Frank Thien talks us through the triggers to be aware of as we enter a potentially hazardous period for asthmatics.

[Read more >](#)



Contact the Aboriginal Health Team

easternhealth.org.au/services/aboriginal-health

Phone: 5957-1100 E-mail: AHTintake@easternhealth.org.au

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).