

Research recommends ways to strengthen the Indigenous mental health workforce

New research by Charles Darwin University (CDU) scholars suggests a strengthened Indigenous mental health workforce could effectively improve mental health outcomes for Aboriginal and Torres Strait Islander people.

The report, written by Prof Dominic Upton, Assoc Prof Linda Ford, Prof Ruth Wallace, Sarah Jackson, Jenna Richard from CDU and Dr Penney Upton from the University of Canberra, finds that an Aboriginal and Torres Strait Islander led mental health workforce would promote self-determination and increase the reach of mental health services by providing culturally competent services.

Mental health services delivered by Aboriginal and Torres Strait Islander professionals are considered more culturally safe and trustworthy.

More here: <https://www.cdu.edu.au/news/research-recommends-ways-strengthen-indigenous-mental-health-workforce>

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