

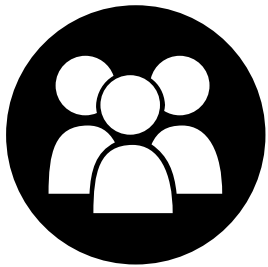


**Gayaa Dhuwi  
(Proud Spirit)  
Australia**

Gayaa Dhuwi (Proud Spirit) Australia is the national peak body for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health, and suicide prevention. Our vision is the highest attainable standard of social and emotional wellbeing, mental health, and suicide prevention outcomes for Aboriginal and Torres Strait Islander peoples.

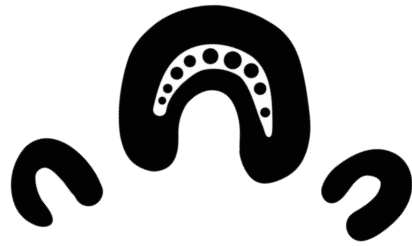
Established in 2020, Gayaa Dhuwi emerged as a response to the growing need for a national voice dedicated to Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health, and suicide prevention. Social and emotional wellbeing is integral to the way our people maintain good mental health. Therefore, it should be accounted for in the wider mental health system, in the same way we account for suicide prevention. The work of Gayaa Dhuwi to achieve the best social and emotional wellbeing for our people is fundamental to the wide-scale systemic changes our mental health system needs.

***‘Gayaa’ means happy, pleased and proud, and ‘Dhuwi’ means Spirit, in the Yuwaalaray and Gamilaraay languages of north-west New South Wales.***



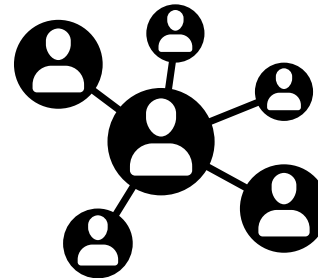
## Our Board

Our work is led by a diverse Board of Directors, representing key Aboriginal and Torres Strait Islander health and community organisations across Australia. Chaired by Australia’s first Indigenous Psychiatrist, Professor Helen Milroy AM, and guided by CEO Rachel Fishlock, the Board’s collective expertise shapes our direction, advocates for culturally responsive practices, and strengthens partnerships across the mental health sector, reinforcing Gayaa Dhuwi’s role as a national leader.



## Our Members

Our members are prominent community-controlled organisations that collectively represent nearly 300 organisations and more than 2,000 individuals: Indigenous Allied Health Australia, Australian Indigenous Doctors’ Association, Australian Indigenous Psychologists Association, and the National Aboriginal Community Controlled Health Organisation. Policy priorities are set by our members, working towards a mental health system that is culturally safe and effective for Aboriginal and Torres Strait Islander communities.



## Our Councils and Collaborative Networks

Our Councils and Collaborative Networks provide specialised advice to guide our work. The Cultural and Clinical Councils integrate Indigenous cultural perspectives with clinical practices, while our six Collaborative Networks focus on key cohorts such as LGBTQIA+SB, Lived Experience, Stolen Generations, Workforce, Youth, and Childhood to influence policy and drive impactful change.



## What We Do

We are working towards system-wide change to ensure that Aboriginal and Torres Strait Islander peoples receive holistic, culturally safe, and effective support for social and emotional wellbeing, mental health, and suicide prevention. Specifically, we:

**Lead** – Gayaa Dhuwi is the nationally inclusive and representative voice, leader, and advocate for systemic change.

**Connect** – Gayaa Dhuwi is people centred and has developed consultation methods that ensure community perspectives are included in system decisions.

**Influence** – Gayaa Dhuwi develops and promotes evidence that supports systemic change towards integrated cultural and clinical care to achieve a best of both worlds approach.

**Transform** – Gayaa Dhuwi influences the transformation of the Australian mental health system through policy, partnerships, and advocacy.



## Our position in the sector

- We occupy a unique role as the national peak body solely focused on social and emotional wellbeing, mental health, and suicide prevention outcomes for Aboriginal and Torres Strait Islander peoples.
- We work across the health system and beyond it – with activity spanning prevention and health promotion, primary health care (mainstream and Aboriginal Community Controlled Health Organisations), specialist services, and hospitals.
- We prioritise culturally informed policy development and strategic leadership, ensuring that Aboriginal and Torres Strait Islander perspectives and cultural strengths are central to shaping mental health systems and practices across Australia. This positions us as a distinct and influential voice for our communities within the Australia’s mental health landscape.