

DESIS
NETWORK
Design for
Social Innovation
and Sustainability

Talk with me

Improving Mental
Health with South
Sudanese Australian
Communities



University of Aveiro
ID+ Desis Lab
Portugal

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Promoter(s).

South Australian Government

Funder(s).

Carolyn Curtis

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DHHS and coHealth



Context

Melbourne is home to the largest South Sudanese community in Australia. In 2018, the community was experiencing increasing scrutiny, in a way that South Sudanese Australian Communities and TACSI felt was divisive, racist and harmful to their success in Australia.



Project

They worked with South Sudanese Australian communities, providers and government to collectively propose ways to enable the community to thrive. That project resulted in the on-going funding of 'Talk with Me;' a program that connects generations within the South Sudanese Australian community.



The Design Process

They've coached teams of South Sudanese Australian young people as they developed three ideas in response to what they heard from their peers in the community. Each idea has been documented and planned with the young people. As they've trialled the ideas in the past month they have worked alongside them to tweak and adapt the ideas to further improve mental health, especially during the additional challenge of COVID-19.



Governance and Policy Making



**Independent Social
Enterprise**

TACSI is now an independent social enterprise working on projects and initiatives across Australia. Bringing together a unique and diverse team of people from all over the world.

Activism and Civic Participation



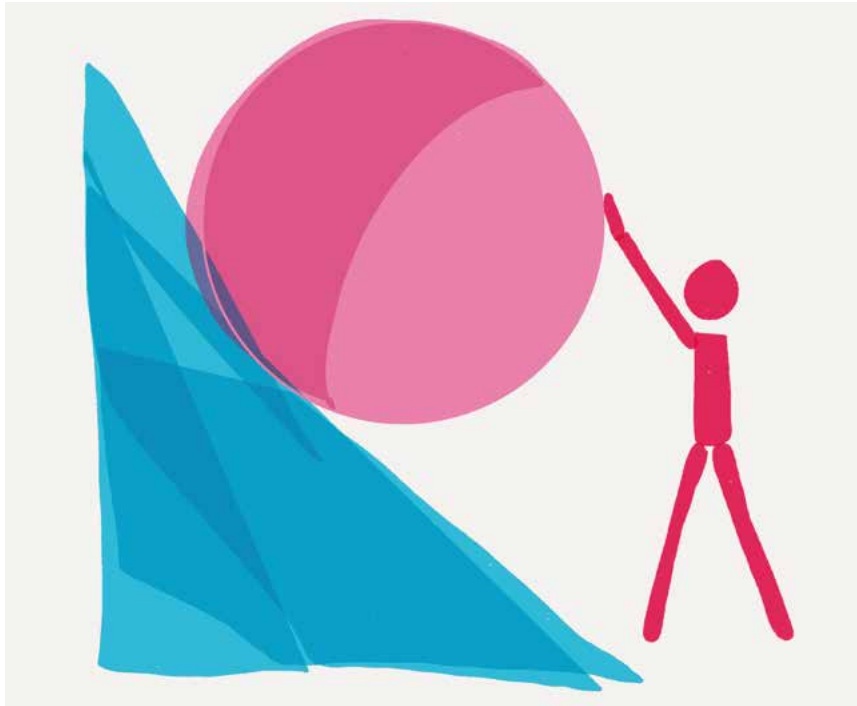
In this project they worked with a team of young and old people to build their capacity to conduct research within their own community, and analyse what they've heard. We created peer mental health roles that invite young people to bring their experience to the fore.

Social Interactions and Relations



They brought together Aboriginal and Torres Strait Islander young people and South Sudanese Australian young people to connect and learn from each other's unique experience.

City and Environmental Planning



young people's wellbeing

Society

The South Sudanese Australian community and partners wanted to develop community led solutions to improve young people's wellbeing.

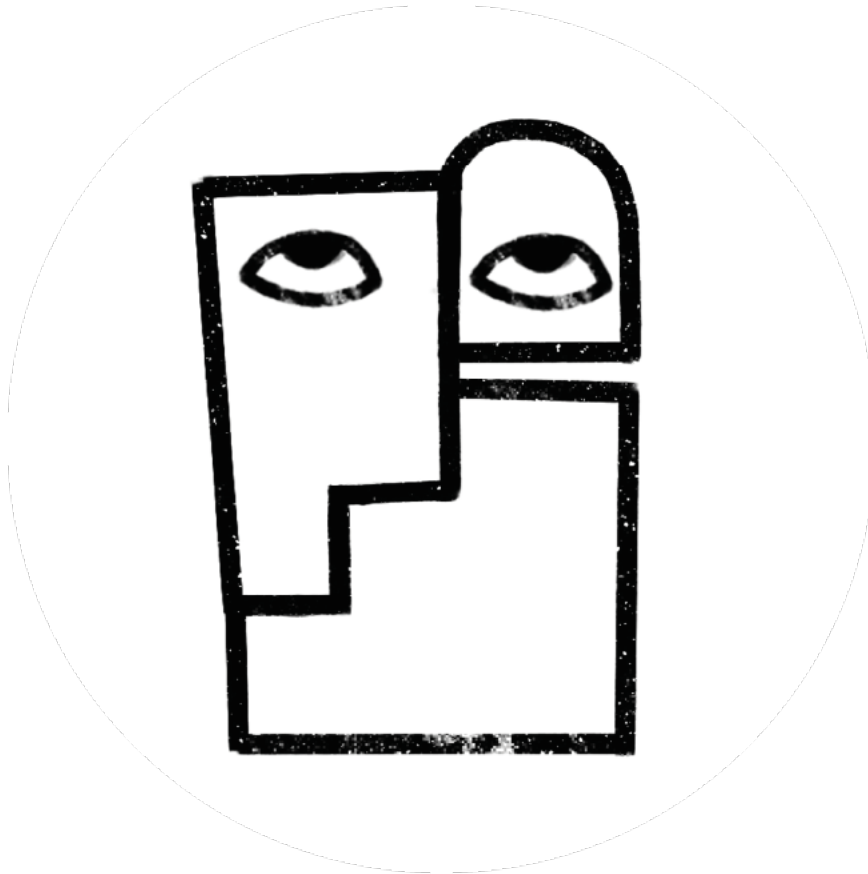
Skill Training and Design Education



**Mental Health
Support
Safe and Informal**

Culturally safe and informal mental health training for young people. This idea is also about building a network of young people with mental health training who can support each other. We also ran subsidised counselling for young people needing professional support.

Job Creation



Employing Young People

Recruiting, training and employing young people who have a lived experience of mental ill health to support other young people. Could be running workshops and speaking about their experience, normalising mental ill health within the community.

Storytelling and Visualisation



There is a concern with the choice of colors in the way they communicate and a focus on keywords, as can be seen in the examples presented ("Australia's Mental Health" and "The Social Innovators Guide to the Open State")

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www.idmais.org

<https://www.tacsi.org.au/work/ssa-mental-health/>

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