

First Nations Youth Reference Group

Aboriginal and Islander Mental health initiative for Youth (AIMhi-Y) - A digital mental health meeting place for First Nations young people

Information for Young People. This is for you to keep.

What is the project about?

We are developing a wellbeing support package to help First Nations young people with their mental health. It's called the Aboriginal and Islander Mental health initiative for youth (or AIMhi-Y) app support package. We would like your help to add new games, videos and stories to the package. We will bring groups together and get the ideas flowing through fun, creative activities, and discussion. We will also invite you to complete an online survey about your experiences in the groups. If you are aged under 16 years, we will need to check with a parent or guardian they are happy for you to participate. Groups may be divided into all male or all female some or all of the time according to advice from the young people.

Who can participate?

We are looking for young people who are:

- Aged 12-25 years
- Identify as First Nations Australian
- Willing to attend four 2–3-hour meetings per year for up to three years either in person or via telephone or video conference
- Interested in developing mental health resources



Who should you contact to find out more?

If you have any questions about the study or if you wish to withdraw your consent at a later date, contact

Josie Povey (Darwin):

josie.povey@menzies.edu.au or Ph. 0407 399 919

Michelle Sweet (Adelaide):

michelle.sweet@menzies.edu.au or Ph. 0438 234 644

Kylie Dingwall (Alice Springs):

Kylie.dingwall@menzies.edu.au or (08) 8959 5380

When and where will the meetings be?

The first three meetings will be held on:

2nd, 9th, 16th and 23rd May, 2025

In building Red 9, Charles Darwin University Campus

*discovery for a
healthy tomorrow*

What will I need to do to be involved?

You will need to be willing to talk in groups or via phone/videoconference/Facetime meetings with your peers and the researchers. You will not need a phone or tablet device to view the apps; these may be supplied in meetings if necessary. Groups will be audio or video recorded so only people happy to be audio or video recorded will be involved.

Who will be doing the research?

Our Darwin Research Team includes Josie Povey & Royce Ramsamy.

What will I get out of the research?

You have the opportunity to be involved in the design of a new mental health app and support package for First Nations young people, learn about what is involved in developing apps and mental health support resources and learn more about research and how it is done. Sitting fees (financial reimbursement for time) are available for each meeting.

Are there any risks to being involved?

Sometimes when we talk about our experiences, we can become upset. Also, sometimes in groups some people talk a lot and other people don't get a good chance to talk. We have good experience running groups and will aim to avoid both of these risks. If either of these happens please talk with us and we can help you and talk about accessing further support if you need.

What do I do now?

If you would like to be a part of the AIMhi-Y First Nations Youth Reference Group, then please reply via email with Name, Age, contact number/email, parent contact details (if under 16 years).

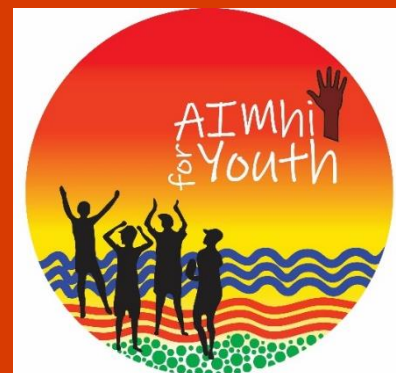
What if I am not selected?

Unfortunately, we have a limited number of spaces. If we are not able to offer you a space in the reference groups, please let us know if you would like to be

Who should you contact to make a complaint about the study?

Human Research Ethics Committee
Menzies School of Health Research
Ph: (08) 8946 8687 or NTHREC@menzies.edu.au

Human Research Ethics Committee (Adelaide)
University of Adelaide
Ph: (08) 8313 5137 or recu@adelaide.edu.au



What happens to your information?

The information that you provide will be used to inform future developments of the AIMhi-Y app support package aimed to improve wellbeing for First Nations young people.

A report will be prepared and may be published in academic journals. Your name and any other information that may identify you will not be published in any reports or presentations unless you want to be acknowledged for your contribution.

All information will be stored in locked filing cabinets and password-protected computers/tablets at Menzies School of Health Research. Following the conclusion of the project, information will be stored for five years and then disposed of by shredding any hardcopies and deleting computer files.

Ethical clearance for this research has been received from the NT Department of Health/Menzies School of Health Research Human Research Ethics Committee (Clearance NT HREC 22-4347), and the Aboriginal Health Research Ethics Committee of South Australia (Clearance # 04-22-995).

Withdrawal of consent

If you wish to withdraw your consent, please contact Dr Michelle Sweet, A/Prof Kylie Dingwall or Ms Josie Povey on the contact details over the page. As we intend to audio and video record the learning groups, it will be very hard to delete your specific audio recordings. We will make every effort to not include your information should you wish to withdraw.