

Queeroboree

P R E S E N T S

The impact of Covid 19 on the Aboriginal and
Torres Strait Islander LGBTIQ+SB Community

Black Rainbow


mhpn
Mental Health Professionals' Network

This webinar

Is the result of a unique partnership between Black Rainbow and the Mental Health Professionals' Network. This is the first webinar of Queeroboree series produced under this partnership exploring how practitioners can better support the mental health and social and emotional wellbeing needs of the Aboriginal and Torres Strait Islander LGBTIQ+SB community.

This webinar will discuss the impact of Covid 19 on the Aboriginal and Torres Strait Islander LGBTIQ+SB community and how to strengthen the mental health and social and emotional well-being literacy of services and increase access.

Tonight's presenters



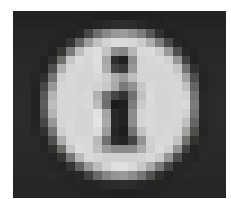
Dameyon Bonson (He/Him)
Founder of Black Rainbow



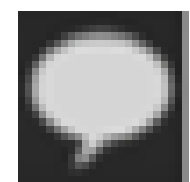
**Facilitator: Prof. Damien Riggs
(He/Him)**
Psychotherapist

Webinar platform

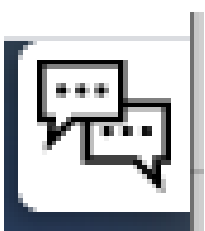
To interact with the webinar platform and to access resources, select the following options:



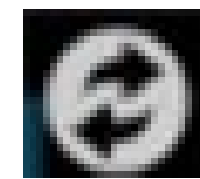
Information: To access presentation, resources and webcast support click on this icon located in the lower right.



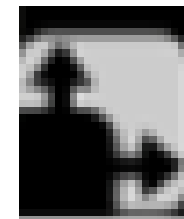
Ask a question: To ask the speakers a question, click on the speech bubble icon in the lower right corner.



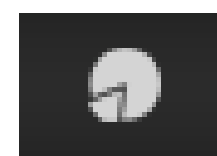
Chat: To open the audience chat box, click on this icon located in the top right hand side corner.



View: To change your view to slide only or video only, click on this icon in the bottom right corner.



Change slide and video layout: To change the layout, e.g. make the video larger and the slides smaller, click on this icon in the top right corner.



Survey: To access the survey before the webinar ends click on this icon, which is in the lower right corner.

Learning Outcomes

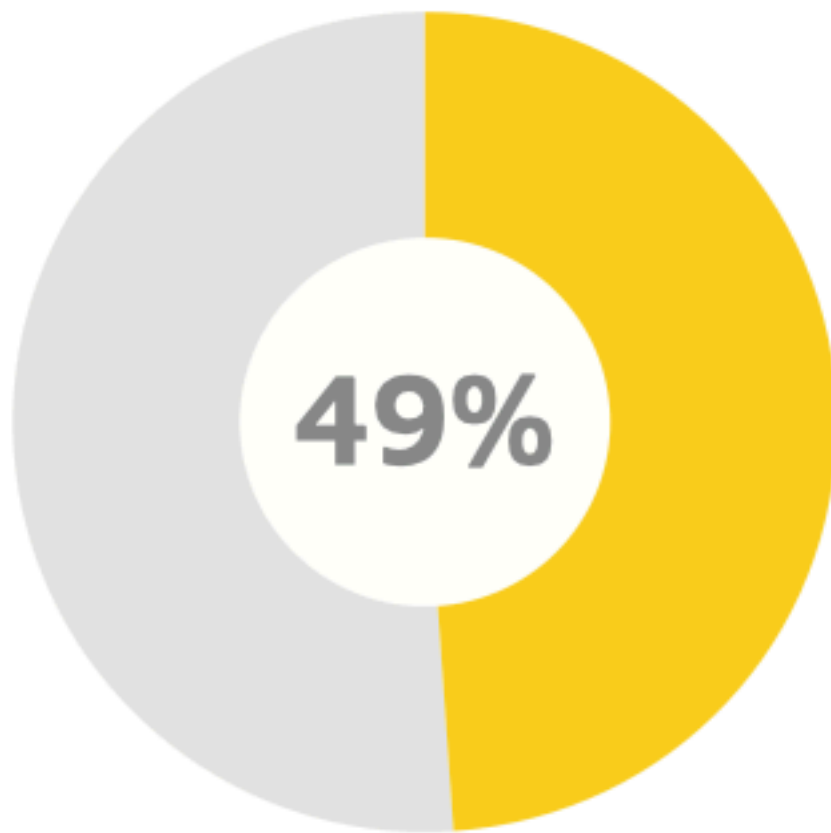
- Discuss findings from Black Rainbow's Research on Aboriginal and Torres Strait Islander LGBTIQ+SB people and the Covid 19 pandemic.
- Identify how the findings from Black Rainbow's research highlights the mental health and social and emotional well-being needs of Aboriginal and Torres Strait Islander LGBTIQ+SB people, including types of support that practitioners can provide.
- Identify how to improve service access for Aboriginal and Torres Strait Islander LGBTIQ+SB people.
- Outline the importance of a person-centred approach when providing care and support to Aboriginal and Torres Strait Islander LGBTIQ+SB people.

Background

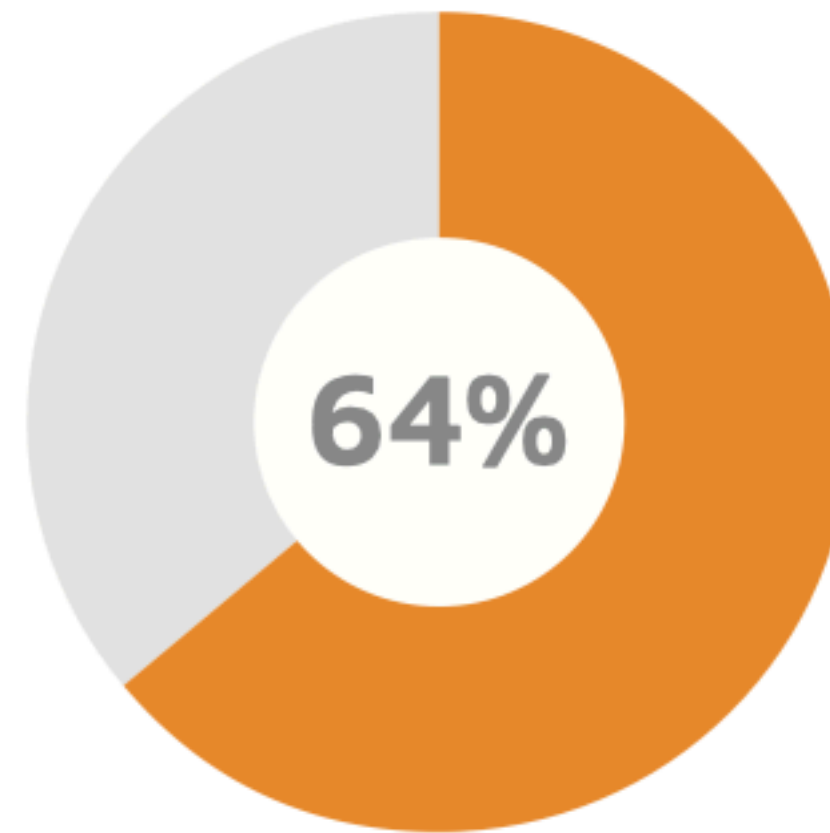
- This community report is the result of a study that took place from April to June in 2021, designed and delivered collaboratively between Black Rainbow and the Department of Indigenous Studies at Macquarie University. Black Rainbow initiated the study with interest in how Aboriginal and Torres Strait Islander LGBTIQ+SB+ people were impacted by the COVID-19 pandemic.
- A total of 112 participants completed an e-survey to measure the impacts of the coronavirus pandemic as experienced as at mid-2021 (first-wave of COVID-19) on Aboriginal and Torres Strait Islander LGBTIQ+SB+ people between May and June 2021.

Mental health

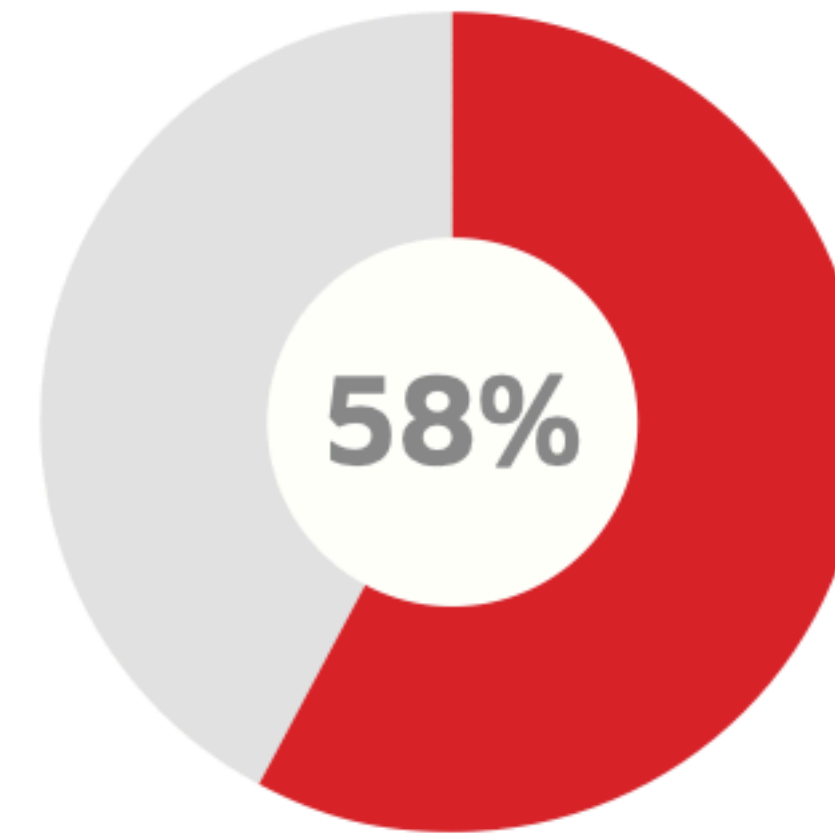
Participants were asked how the COVID-19 pandemic had impacted their mental health:

Mental health

49% (n=55) reported that they experienced suicidal thoughts as a result of the coronavirus pandemic.



64% (n=72) reported that lockdown(s) negatively affected their mental health.



58% (n=65) reported that the coronavirus pandemic had negatively affected their mental health.

Social support and connectedness

Participants were asked how the COVID-19 pandemic impacted their social support and connectedness:

Sources of support

92%

Since the COVID-19 pandemic, almost all participants (92%, n = 103) reported having turned to friends, family and/or community members for support

60%

The majority (60%, n = 67) reported using more than one of these sources of support

Connectedness

55%

The majority of participants (55%,
n = 62) reported that as a result of
the COVID-19 pandemic they were
feeling more connected with friends/
family/community than they used to

26%

However, 26% (n = 29) reported
feeling less connected

**'At times I feel more connected,
but a lot of the time I feel like
family and friends are not
checking in as much as they
may have their own worries and
concerns'.**

Methods used to stay connected

59%

Phone calls were the most popular method used by participants to stay in contact with friends, family and community (59%, n = 66)

35%

FaceTime was the next most popular method used by participants to stay connected (35%, n = 39)

26%

Instagram was reported to be used by 26% (n = 29) participants to stay in touch

Less popular however still utilised methods included Skype, Texting, Email, WhatsApp, Messaging, and meeting in person.

Help-seeking and access to services

Participants were asked about help-seeking for mental health support during the COVID-19 pandemic:

Accessing mental health support in person:

28% yes | **60% no**

While 28% (n = 31) of participants reported they had seen a mental health worker/counsellor in person, 60% (n = 67) reported they had not.

'I had some telehealth with a psychologist during the beginning of the pandemic but haven't spoken to them for months now as I feel like I am in a better space'

'I now see a therapist every week'

Accessing mental health support via telephone, video or online:

34% yes | **54% no**

A total of 34% (n = 38) reported they had received mental health support by telephone and/or video call, 54% (n = 60) reported they had not

32% yes | **55% no**

While 32% (n = 36) reported they had used online mental health support, 55% (n = 62) reported they had not

37% yes | **60% no**

Similarly, 37% (n = 42) reported they had used a Crisis Hotline or Crisis Text Line, 60% (n = 67) reported they had not

Availability and obstacles:

43%

43% (n = 48) reported they experienced obstacles or difficulty accessing the services or support they needed

26%

26% (n = 29) reported the service or support they needed did not exist or was not available to them

'My doctor was a great help, especially with gender affirmation (though he's only a GP, he totally got it'.

'A lot of mental health call lines are not accessible for deaf folk if you want to talk in real time'

'I have money and time, so it made things easier, for sure'.

'I had some free sessions at the beginning that helped me work out if it's what I needed.'

3

Some Aboriginal and Torres Strait Islander LGBTIQSB+ people reported feeling less connected with friends/family/community during the COVID-19 pandemic than they used to, while others reported feeling more connected.

4

It is concerning that the majority of Aboriginal and Torres Strait Islander LGBTIQSB+ participants reported negative effects on their mental health as a result of the COVID-19 pandemic, and that half reported having experienced suicidal thoughts, particularly when we consider the relatively low rates of help seeking and access to services reported by these same participants.

5

Some participants were more likely to access an LGBTIQSB+ service than an Aboriginal and/or Torres Strait Islander community-controlled service.

6

Participants were least likely to use or rely upon doctors, chemists and the government as sources of information about the COVID-19 pandemic.

Ask a question

**To ask the speaker a question, click on
the speech bubble icon in the lower right
corner of your screen**

Q&A Session

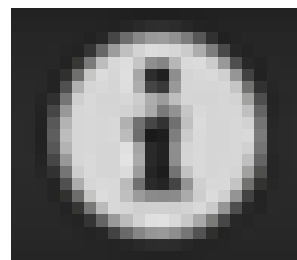


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Recommended Resources



For access to resources recommended by the panel, click on the supporting resources tab located at the top right-hand part of your screen.

Thank you for your participation

- Please ensure you complete the feedback survey before you log out.
- Your Statement of Attendance will be emailed within four weeks.
- You will receive an email with a link to online resources associated with this webinar in the next few weeks.

Upcoming partnership events

MHPN in partnership with Black Rainbow

Breaking the silence

3 November 2022

MHPN in partnership with Emerging Minds

Supporting children and families to recognise and navigate paediatric anxiety

7 September 2022

MHPN Online programs

Webinars

The complexities in working with co-occurring mental health and alcohol and other drug presentations – 4th October 2022

Navigating mental health challenges when living with disability – 17th October 2022

Podcasts

In Conversation With recent episodes: Dr Ruth Vine and Mary O'Hagan – part 1 and 2 ' – Available now on MHPN Presents via our website, Spotify & Apple Podcasts.

Listen to the latest episodes of MHPN's other podcast shows and series including *Eating Disorders: Beyond the Unknown*.

Sign up through our portal on the MHPN website to ensure notification of upcoming webinars, podcasts and network activity.

MHPN Network

MHPN supports over 350 networks across the country where mental health practitioners meet either in person or online to discuss issues of local importance.

Visit www.mhpn.org.au to join your local network.

Interested in starting a new network? Email: networks@mhpn.org.au and we will step you through the process, including explaining how we can provide advice, administration and other support.

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THANK YOU FOR
YOUR PARTICIPATION

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