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## Funding to understand mental health literacy of young Aboriginal men

Curtin University has received nearly \$100,000 from Healthway for a research project that will support young Aboriginal men aged 14-25 years to proactively look after their mental health and wellbeing.

The research team will work alongside young Aboriginal men to find out how they perceive mental health and their current approaches to promoting mental wellbeing, including barriers and facilitators to fostering wellbeing and resilience.

Chief Investigator Professor Penelope Hasking from Curtin's School of Population Health said that the research team will develop and test culturally appropriate mental health messages that will resonate with young Aboriginal men.

"We will conduct co-design workshops to develop new strengths-based approaches to increase mental health literacy and mental health promotion grounded in Indigenous ways of knowing and being, which might include social media campaigns or mass media campaigns," she said.

"We will soon be recruiting our research team to guide the project, which will comprise young Aboriginal men and Aboriginal Elders before we commence an initial pilot within the City of Stirling early next year."

Lotterywest and Healthway Chief Executive Officer Ralph Addis congratulated Professor Hasking and her team, and all researchers who received funding through Healthway's Targeted Research Round.

"Healthway is committed to supporting evidence-based research that will lead to improvements in the health of the WA community, in particular Aboriginal people.

"We look forward to the outcomes of all the research projects, including Curtin's which will improve the mental health literacy and reduce health inequities among young Aboriginal men."

This research project received funding through Healthway's 2022 Targeted Research Round, where nearly \$400,000 has been shared among four researchers to strengthen health messaging for children and young people. Other funded projects address adolescent sun protection messaging, vaping cessation and energy drink messaging to children and young people.

The Targeted Research Round is only offered once per year and focuses on a different health promotion issue each time. The 2023 Targeted Research Round will open in October and will call for research projects to investigate innovative and contemporary ways to measure health behaviours in WA. For more information about the Targeted Research Round visit [www.healthway.wa.gov.au](http://www.healthway.wa.gov.au).

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