



### **'Stronger Together' campaign**

The Stronger Together campaign has been developed specifically for Aboriginal and Torres Strait Islander people as part of the R U OK? initiative. It encourages Aboriginal and Torres Strait Islander people to be looking out for one another, and checking in when someone doesn't seem 'ok'. The campaign has developed a series of resources, including:

- a conversation guide
- posters
- video stories
- written stories.

#### **Contact details**

R U OK

Email: [hello@ruok.org.au](mailto:hello@ruok.org.au)

### **Don't make smokes your story: real life stories posters**

#### **Apunipima Cape York Health Council**

These posters were produced by Apunipima Cape York Health Council as part of the national advertising campaign 'Don't Make Smokes Your Story'. The campaign tells the real stories of Aboriginal and Torres Strait Islander people who have smoked tobacco. The campaign was initiated by the Australian Government as part of their plan to close the gap in Aboriginal and Torres Strait Islander smoking rates.

#### **Contact details**

Apunipima Cape York Health Council  
186 McCoombe Street  
Bungalow Cairns Qld 4870  
PO Box 12045  
Westcourt Qld 4870  
Ph: (07) 4037 7100

### **What our men need to know about alcohol**

#### **Western Australia Mental Health Commission**

This brochure provides culturally appropriate information and advice to Aboriginal and Torres Strait Islander people about men's alcohol use. Topics covered in the brochure include:

- the effects of alcohol use on the inner spirit and connections with family and country
- what is harmful drinking?
- effects of harmful alcohol use on your body
- alcohol drinking guidelines
- where to get help and information.

This resource was produced by the Western Australia (WA) Mental Health Commission's Strong Spirit Strong Mind Aboriginal Programs.

#### **Contact details**

Strong Spirit Strong Mind Aboriginal Programs  
Ph: (08) 6553 0600  
Email: [sssmap@mhc.wa.gov.au](mailto:sssmap@mhc.wa.gov.au)