

<p>Take collective accountability for past pain and suffering that has been caused by past practices of child removal.</p>	<p>I am sorry for the pain and suffering that Aboriginal and Torres Strait Islander peoples have felt because their children were stolen.</p> <p>I understand talking with me today (as a non-Indigenous person or as a worker from Child Safety) must be really hard.</p> <p>I am keen to hear how I can make this any easier.</p>
<p>Find safe spaces to yarn (hold discussions)</p>	<p>Let's talk about who needs to know what and why.</p> <p>Is there anything I need to know about that could stop you from talking with someone about it?</p> <p>Who is appropriate for you to talk to about your health and wellbeing? Would you prefer a man or a woman?</p> <p>I know privacy is important to you. How do we make sure this is respected?</p> <p>Is there anyone you do NOT want to know about this?</p> <p>What worries you about them knowing?</p>
<p>Be aware of lateral violence—community backlash</p>	<p>How might others respond to knowing some struggles you're having with your mental health? How might other people you've spoken to respond?</p> <p>What will this be like for you? For your child? For your family?</p> <p>How might you respond to that? Who in your community would be helpful?</p> <p>Who can be of help to you?</p> <p>How can I be of most use to you?</p>
<p>Engage Elders and other important people who make decisions</p>	<p>Who are the Elders of your community?</p> <p>How do decisions about children get made?</p> <p>What are the views on mental health and wellbeing? What would they say needs to happen?</p> <p>How can you connect with them?</p> <p>How can they help us make good decisions here about what needs to happen?</p>

Be guided by Aboriginal and Torres Strait Islander people. Listen deeply to Aboriginal and Torres Strait Islander people as experts

What can you tell me about your culture and traditions and how they may help your mental health and wellbeing?