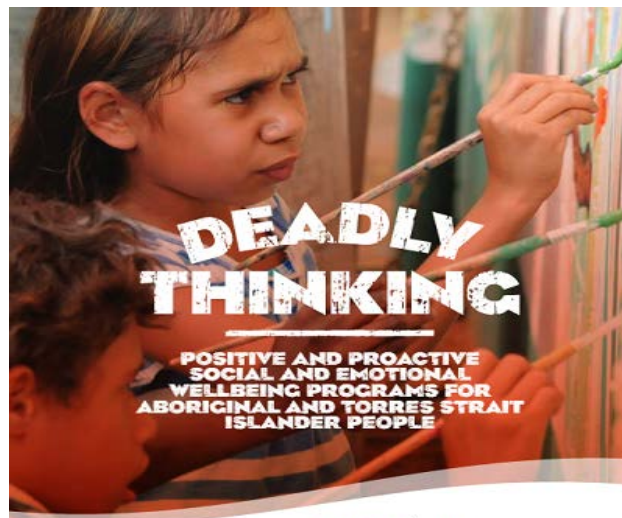




Bila Muuji and its Members will be running Deadly Thinking Workshops across the region.

Deadly Thinking is a social, emotional well-being and suicide prevention program specifically designed for Indigenous communities, confronting core social and mental well-being issues in a culturally appropriate, accessible and compelling way.

A highly visual program, the Deadly Thinking One-Day Social and Emotional Wellbeing Workshop utilises artwork to encourage group discussion around mental health issues like anxiety, depression, suicide and its signs, alcohol and substance abuse, violence and grief. Deadly Thinking also focuses on identifying people to yarn/talk to, finding strength in culture and family, connection to country, and guided meditation. The program is facilitated by two program leaders who understand both the mental health and cultural concerns of participants.



These free 1 day workshops are an occasion to:

- **Get community members together**
 - **Yarn about social and emotional wellbeing**
- **Focus on signs of when to get help and how to get help**
- **Talk about how to have a strong mind with no stress worries**

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