

what keeps me strong



what keeps me strong




WARNING: the following material may contain images, voice or footage of deceased Aboriginal people. Care should be taken.

Kemek ngee yenga
kingi ngirrba-gini padj
padj.Ngan
Kungarakan arr
wombin

Hello my name is
Padj Padj. I am
speaking
Kungarakan to you.




A photograph of two men standing in front of a large, colorful mural. The man on the left has a beard and is wearing a patterned shirt. The man on the right is wearing a light blue shirt. The mural features various abstract shapes, including circles, lines, and patterns in shades of red, yellow, and black.

Nganjuk pem-kini
kurrwon Kiwandji
Kemek-kemek.
Mah! Alikini

We are talking
about mental
health – all right?
No worries. Listen,
take note.

What keeps me
strong is our
Aboriginal
ceremonies and
painting...



A photograph of two men sitting on a boat. The man on the left has a beard and is wearing a patterned shirt. The man on the right is wearing a green tank top. They are both looking towards the camera. The background shows a body of water and a dense forest of trees.

and the art centre –
hunting, fishing,
and music.



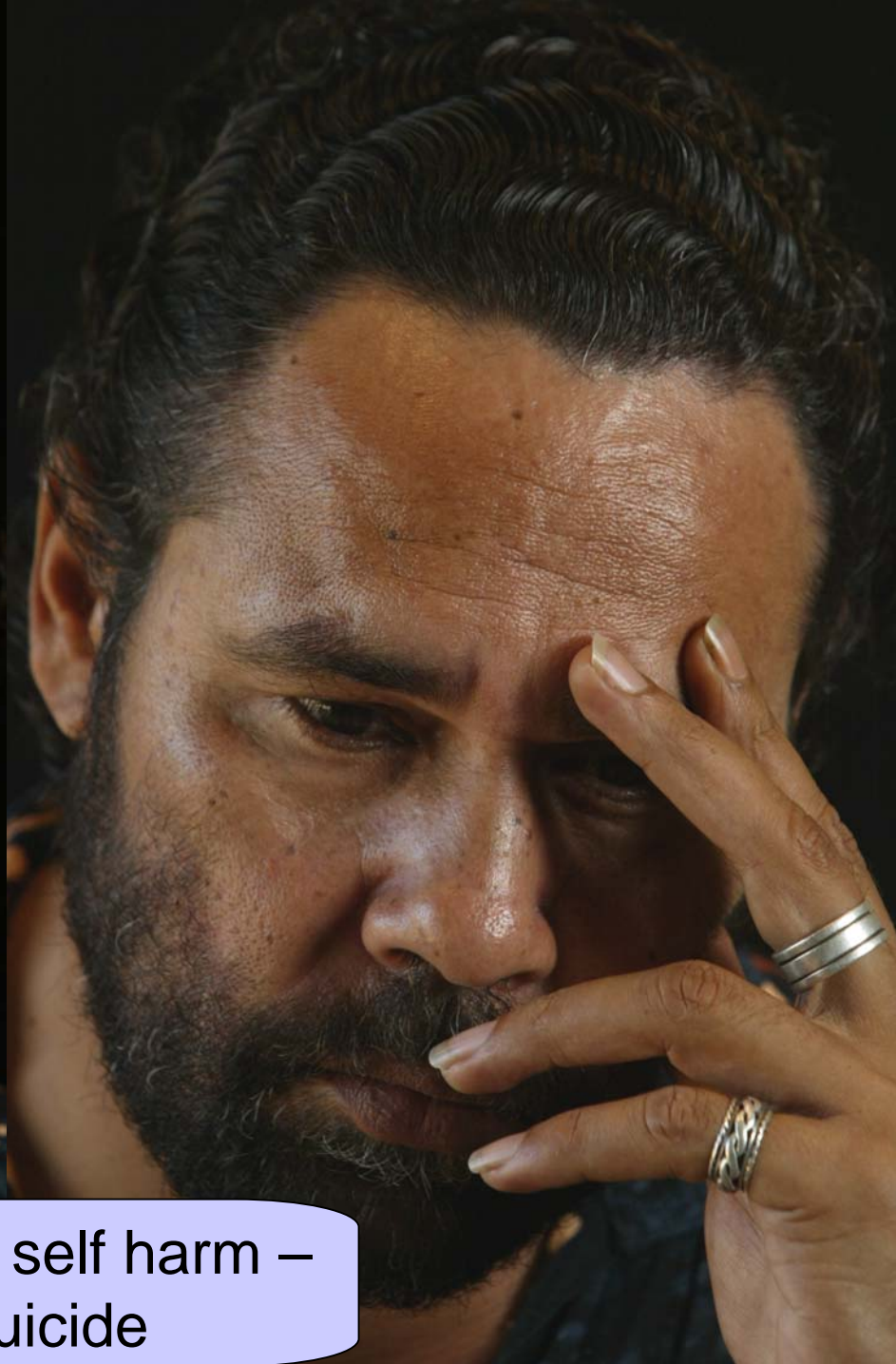
Things which take
my strength away
are worry about
being violent,
family worries,



...physical health,
smoking cigarettes,
not knowing about
mental illness...

Trouble with
mood swings,
high mood and
energy,





..thoughts of self harm –
and suicide



Michael, Ian, Katy-Jean and Carly help to keep me strong.



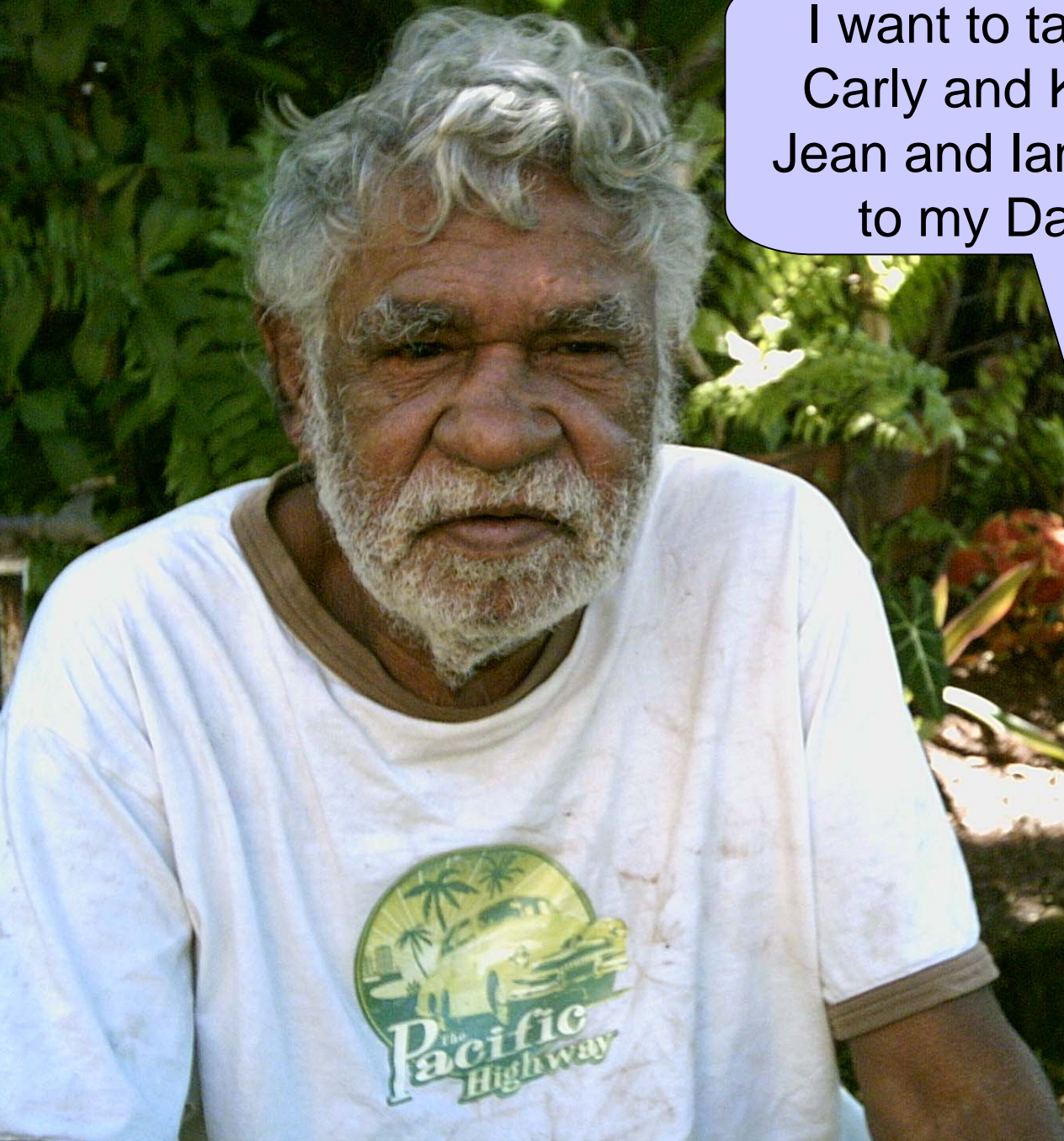


Strong changes I
want to make are
to go hunting more
and have bush
tucker..

to have less family
humbug, and to
work at the art
centre.



I want to talk to
Carly and Katy-
Jean and Ian, and
to my Dad,






so that we can go
bush together
more



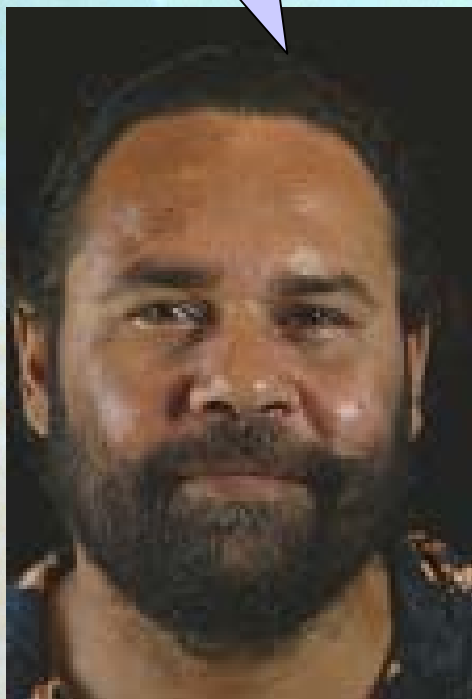



..and I want to talk
to Nick about the
art centre so that I
can stretch
canvases...

A man with a beard and dark hair, wearing a blue and white striped short-sleeved shirt and blue jeans, is walking towards the camera on a dirt path. The path is surrounded by dense green foliage and trees. A speech bubble is positioned to the right of the man, containing text.

And talk to
centrelink too to
check working
casual hours.

And I want to stop
fighting so much
with my brothers
about money





I want to stop
borrowing and
lending and keep
my money in the
bank.



Music, photography, artwork and narration - Robert Mills Padj Padj

Story development in collaboration with Tricia Nagel and Carolyn Thompson
and the Tiwi mental health team



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Aiming High in NT Remote Mental
Health

