Social Inclusion: the forgotten determinant of Aboriginal Mental Health

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The WHO report on the social determinants of health includes social inclusion as one of the 12 major drivers of good mental health. Like all post-colonial people, Aboriginal people suffer from exponential deep exclusion, not only from non-Aboriginal society, but with and between Aboriginal communities. This in part explains family, community and interpersonal violence. One of the major push/pull factors is identity conflict, arising from colourism and notions of authenticity. Using Tajfel’s social psychology model, Kerrie will demonstrate the correlations between identity, cultural connectedness, and social and emotional well-being. She will introduce eco-mapping as a vehicle for narrative analysis of women’s stories of social exclusion, and report on preliminary PhD findings from NZ and coastal NSW.