

25 January 2024

## MEDIA RELEASE: SURVIVAL DAY 2024

The National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners (NAATSIHWP) acknowledges and shares in the significant pain that celebrations of 'Australia Day' cause for Aboriginal and Torres Strait Islander peoples. In solidarity with the Aboriginal and/or Torres Strait Islander Health Worker and Health Practitioner workforce, who work daily to counter the longstanding impact of colonisation and who are committed to the health and wellbeing of our Mob, the NAATSIHWP office remains open on January 26.

On this and every Survival Day (also known as Invasion Day or Sovereignty Day), we encourage individuals striving for allyship to stand with us by taking time to reflect on the colonial harm that continues alongside celebration of this day, as well as to support local and national calls for action. 26 January 1788 marks the start of European colonisation: destruction of environment, language and culture, cycles of inter-generational trauma, dispossession, and racial discrimination.

Despite this, Aboriginal and Torres Strait Islander people are resilient. For more than 60,000 years, Aboriginal and Torres Strait Islander communities, nations and peoples have thrived in concert with Country, community and culture - living rich, vibrant, and sustainable lives. As well as a marker of continued colonial practice, January 26 also marks the survival and resiliency of Aboriginal and Torres Strait Islander people and culture, and the relentless work against the colonisation's impact on the health, wellbeing and self-determination of our Peoples.

In addition to attending [rallies and events](#), making donations to Aboriginal and Torres Strait Islander organisations and charities, advocating for change in your workplace, and standing in solidarity with your Aboriginal and/or Torres Strait Islander mates, we recommend you engage with content made by Aboriginal and/or Torres Strait Islander creators about 26 January 1788 and its legacy. We recommend:

- Documentaries: [The Australian Wars](#) (2022) Rachel Perkins, [First Australians](#) (2008) Rachel Perkins & Beck Cole, [Looky Looky Here Comes Cooky](#) (2020) Steve McGregor
- Books: [Australia Day](#) (2021) Stan Grant, [Another Day in the Colony](#) (2021) Chelsea Watego, [Day Break](#) (2021) Amy McQuire, [Growing up Aboriginal in Australia](#) (2018) ed. Anita Heiss
- Articles and YouTube videos: [Australia Day or Invasion Day? Change, abolish or rename the date?](#) (2023) Emma Garlett, [Invasion Day and the Inherent Discrimination of Australian Nationalism](#) (2022) Blair Simpson-Wise, [Australia Day, Invasion Day, Survival Day: What's in a name?](#) (2021) Karina Marlow

### *Mental Wellbeing*

This time can be stressful and traumatic for our Mob. If you're feeling overwhelmed, it's important to seek out people who can help you feel better. It may be as simple as having a cuppa and a yarn with a loved one, but sometimes it's important to speak to a professional. To do this, you can:

- call 13YARN on 13 92 76 at any time to have a free, confidential chat to Aboriginal and Torres Strait Islander crisis supporters
- ask your health care provider for a Mental Health Care Plan
- check out the list of [support services](#) collated by Gayaa Dhuwi (Proud Spirit) Australia