

Mental health program helps in healing

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Healing Hands participant Peter Peacock, HOPE Community Services worker Yvonne Brownley, centre, and Aboriginal Family Law Services community support officer Marelda Tucker. Picture: Kelsey Reid / Kalgoorlie Miner

A program for people suffering family or domestic violence and mental health problems is offering self-care activities and teaching people how to look after themselves.

Aboriginal Family Law Services community support officer Marelda Tucker started Healing Hands in July and held an event yesterday for Mental Health Week.

“The program encourages self-empowerment in times of crisis,” Ms Tucker said. “It teaches people to love themselves and look after themselves regardless of what a perpetrator might be saying to them. We want to teach them that they are worth their weight in gold.”

The program includes journal writing and a range of pampering activities, from nail care to sewing, painting and more.

Healing Hands participant Peter Peacock, who suffers from depression, said other people, friends and family had helped him over the years.

“Having lived with mental illness since I was 12 years old, I’ve experienced a number of things that have impacted me, including the loss of my Dad,” Mr Peacock said. “The inspiration of other people and my friends and family have helped me.” Ms Tucker said anyone could join the Healing Hands program by asking for her at Aboriginal Family Law Services.

If you or someone you know needs support, call Lifeline on 13 11 14.