Introduction Despite an increased risk of mental illness following negative stressful life events, many Aboriginal and Torres Strait Islander people are able to adapt with minimal life disruption. Voices United for Harmony project is a joint initiative of Griffith University and Queensland Aboriginal and Islander Health Council. Through this project, this presentation aims to examine psychosocial factors associated with depression in a high-risk sample of Aboriginal and Torres Strait Islander adults exposed to a range of life stressors.

Approach and Findings The sample included 218 participants aged 18-80 from five Indigenous communities. They were recruited through four Community Controlled Health Services. Logistic regression was used to analyse potential resilience, social support and sense of social connectedness in association with depression. One hundred and eight participants had no lifetime depression, and 110 participants met the criteria for depression. The non-depression group was characterized by a significantly lower lifetime stressor load. Resilience emerged as a key factor negatively associated with depression. High levels of social support and sense of social connectedness are negatively associated with depression.

Conclusions High levels of resilience, social support and sense of social connectedness are related to a reduced risk of depression. The psychosocial factors associated with depression can inform future studies of preventative and treatment interventions for high-risk populations. Further research is needed to determine which psychosocial factors are consistently associated with depression and to what extent they can be modified through community intervention.

Future direction This study is one of the first studies examining the effects of resilience, social support and sense of social connectedness on mental health in Aboriginal and Torres Strait Islander Population. Further studies have been proposed to explore a culturally appropriate approach to promoting social and emotional wellbeing and prevent mental illness in the Aboriginal and Torres Strait Islander population.

Opportunities for Collaborations in Health The potential collaboration opportunities in health areas include: intervention program on prevention of mental illnesses and chronic diseases in Aboriginal and Torres Strait Islander community settings, collaboration with non-government organisations, and government agencies, and academic institutions to provide training program to health workers in Community Controlled Health Sector, and prevention and intervention program development in mental illnesses and chronic diseases.