



# Mental Health and Diabetes: Strong Minds, Healthy Futures

## 2023 Annual Educational Symposium

### DATE

Friday, 3 November 2023

### TIME

8:00am - 4:00pm ACST

### PLACE

JMB Auditorium,  
Menzies School of  
Health Research,  
Royal Darwin Hospital  
Campus, Corner of  
Nightingale and  
Paracelsus Road,  
Tiwi, NT 0810

[diabeteslifecourse.org.au](https://diabeteslifecourse.org.au)



**Tina Brodie** is an Aboriginal Post-Doctoral Researcher living and working on Kaurna Country at South Australian Health and Medical Research Institute's Wardliparingga Aboriginal Health Equity theme. She has 17 years of experience in clinical, project, and leadership roles in Aboriginal health. Her research explores social and emotional well-being, and the social determinants of health.



**Allison Dart** is an Associate Professor at the University of Manitoba, and a Paediatric Nephrologist and Clinician Researcher at the Children's Hospital Research Institute of Manitoba. Her research focuses on the determinants of chronic kidney disease in children and improving outcomes in children living with type 2 diabetes and Indigenous populations.



**Neil Wilkshire** is a Warrumungu, Warlmanpa, Luritja, and Arrernte man with family connections in Tennant Creek, Finke, Alice Springs, and across Central Australia. He was diagnosed with diabetes at 18 months, later experienced renal failure, and was the first person in the Northern Territory to receive both a kidney and pancreas transplant.



**Ben Mack** is an Arrernte and Arabana man. He was morbidly obese with diabetes, high blood pressure, thyroid disease, and chronic obstructive sleep apnea. Doctors advised he would not live to be 40 if he did not lose weight. Ben has since reversed all health complications, is now running ultra-marathons and living his best life!



**Norlisha Bartlett** is a Bardi and Jabirr-Jabirr woman from the Kimberley. Norlisha has spent the last nine years working in remote communities in the Northern Territory and Western Australia, including work in the Diabetes Partnership. She will share her lived experience with family suicide, mental health, and challenges navigating the mental health system.

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