

Nih Kaartdijin Mia

Understanding With Compassion



Nih Kaartdijin Mia means 'Come and listen to our knowledge and learn it for home.' It also means 'Our healing place.'

Mental Health First Aid, designed by and for Aboriginal and Torres Strait Islander peoples.

Based in Port Hedland, Nih Kaartdijin Mia (NKM) is a 100% Aboriginal-owned business that delivers culturally safe mental health first aid for Indigenous and non-Indigenous people.

All courses are delivered by experienced and accredited Indigenous trainers who can provide insights into dealing with mental health, with a culturally appropriate understanding.

Business owner and lead facilitator, Valerie Riley is a proud Aboriginal woman with strong family ties to the Pilbara region of Western Australia.

NKM specialises in working with the FIFO sector of the mining industry throughout the Pilbara. We also provide training to corporate clients and the general public.

Culturally-Safe knowledge and skills.

Everyone can benefit from learning practical knowledge and skills, and gaining the confidence to support others during challenging times of mental health and wellbeing.

NKM provides mental health first aid training in a culturally safe way, providing the basic steps to those who are attending a mental health crisis.

On mine sites, this could be anyone from the cleaning and catering staff to project managers and site supervisors.

North West Alliance is one of NKM's valued clients. Valerie has previously also worked with Monadelphous, Newmont, United, Sodexo, Ashburton Aboriginal Corporation and early education throughout her career.

'I wholeheartedly recommend Valerie to any organisation seeking to deepen their understanding of mental health within Aboriginal communities. Her contribution is invaluable, and her presence is a catalyst for meaningful change and professional growth.'

Kristi Wood - Aboriginal Participation Coordinator - North West Alliance.



Meet Business Owner, Valerie Riley

Valerie is an Aboriginal & Torres Strait Islander Mental Health First Aid (AMHFA) instructor who operates in her local South Hedland and Port Hedland community, as well as throughout the Pilbara region.

A long-term Pilbara local, she has the full support of her community behind her in wanting to upskill and educate others in the area of mental health.

Valerie is a former FIFO worker herself, having worked various rosters on 17 different mine sites in WA and the NT over the years, so she understands the culture and the mental and emotional challenges that come with the FIFO lifestyle.

During her work in mining, catering, volunteer recruitment and construction, she has maintained her focus on providing culturally-safe, non-judgemental care and assistance to people of all backgrounds.

Our Team

Nih Kaartdijin Mia is proud to work with senior Aboriginal facilitators in delivering training, including a peer support person, ensuring a culturally safe and responsive environment for all participants.

Our workshops are delivered by two accredited trainers:

- **Aboriginal and Torres Strait Islander Mental Health First Aid (2 days)**
- **Talking about Non-Suicidal Self-Injury (5 hours face-to-face)**
- **Deadly Thinking Youth (5 hours face-to-face)**

Valerie brings strong local, mining and training experience, while NKM's other trainer contributes a unique professional background and mental health expertise.

NKM is a mobile service with skilled local teams available across Western Australia.



"I am a proud Aboriginal woman living in the Pilbara community of Hedland W.A, my children's ancestor's country with strong family connection to many here and Noongar peoples throughout Western Australia."

Our Values

Nih Kaartdijin Mia is passionate about educating and empowering Indigenous and non-Indigenous employees alike for the benefit of present and future generations.

We aim to build a healthier community by increasing accessibility and promoting inclusivity that leaves no-one behind.

Due to the high number of suicidal deaths and mental health problems on mine sites over the years, there is a huge need for support and information to ensure the workplace is a safe place.

At NKM, we value strong communication, effective advocacy and positive family relationships. Everyone has a right to be safe and healthy at work and to do what is necessary to ensure their livelihoods.

Our Code of Conduct

- *Respect culture*
- *Use inclusive language*
- *Zero tolerance for discrimination*
- *Support mental health*
- *Confidentiality & privacy*
- *Report & respond with care*
- *Learn & grow together*



How we operate

NKM delivers a range of both online and in-person courses (in client workplaces). We can conduct one-off or ongoing courses, charged at either per person or set rates.

Interested companies or individuals are welcome to contact us and have a yarn about their requirements. We can tailor a training solution that best meets our clients' needs.



'Stay safe and check in on each other, please.'

Contact

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