

**Submission  
No 171**

**INQUIRY INTO HEALTH OUTCOMES AND ACCESS TO  
HEALTH AND HOSPITAL SERVICES IN RURAL,  
REGIONAL AND REMOTE NEW SOUTH WALES**

**Organisation:** Indidg Connect

**Date Received:** 11 December 2020

---

Since starting Indidg Connect in January 2020 it has become abundantly obvious that there is a lack of Culturally appropriate services in Dubbo for First Nations People. People attending a Doctor to seek support and help for Mental Health are being offered medication immediately and even after refusal its being pushed on them. A lack of communication between Doctors and patients also causes issues where people are not following up on their treatment plans, completing their counselling or finishing courses of treatment.

Understanding Culture and the importance this plays in First Nations Lives is also greatly affecting our health. Being denied connection to Country or healing through Bush practice impacts heavily on the mental health and then physical health of First Nations People and this is not acknowledged either. There needs to be more funding available for First Nations owned and run business' so that we can start working with our own people how we need too to improve our health outcomes in our towns.