

JOSEPHINE SWARAY
TRAINED MENTAL HEALTH PRACTITIONER, MULTICULTURAL
AMBASSADOR

Josie is a Mental Health Nurse with over 20 years' experience working with youth, adults and older adults in hospital, community ,Rehabilitation and corrections settings. She is the founder and Director of The Nyalima Project (TNP) which provides Mental Health 1st Aid Training-standard, Mental Health Awareness & Drug and Alcohol awareness Workshops to community groups and various organisations in particular CALD/ Migrant Communities. She is passionate about breaking barriers to seeking advice and support for mental health issues.

TNP also provides Life Skills Programs for youths. Josephine is an accredited Mental Health First Aid instructor and an accredited Mental Health First Aider for youth. She is a member of the African Day Australia Family Forum Committee and has recently been appointed as a Multicultural Ambassador with Mental Health Foundation of Australia.