

# CALL FOR OBJECTS

Would you like to share something that helped you survive or that is currently helping you to survive lockdown?

From things around the home to digital objects and songs, what has kept you sane in the pandemic?

We are collecting objects for a new study, **Objects for Everyday Resilience**. This research project is being undertaken by researchers at the Centre for Resilient and Inclusive Societies and the Centre for Multicultural Youth.

Mental health has emerged as a key challenge throughout the COVID-19 pandemic. Existing research demonstrates the need to work more closely with diverse communities to develop culturally appropriate approaches to identifying and addressing issues of mental health. This project seeks to identify mental health concerns for diverse communities and everyday strategies for building resilience during the pandemic.

**Objects for Everyday Resilience** will focus on objects to improve our understanding of resilience. The project aims to support human mental health and physical wellbeing. The data we collect will enable us to develop shared resources that support our resilience during the period of recovery from the pandemic and beyond.

## Consent

If you decide to participate in the study, you must be **at least 16 years old**. To participate, you will need to complete this [consent form](#), or have your parents complete this [form](#) if you are under 18, and submit up to 5 photos or a sample of an object. Your chosen object may be part of a COVID-safe exhibition that will take place in-person in early 2022 and online. If you wish to submit a sample of an object, you will have the opportunity to deliver it to the gallery space where it will be safely stored until the end of the exhibition.

In your submission form, you will be asked three questions and will have the option to submit a spoken or written story about your object if you wish. You can record your story or write it down. We will accept submissions until a limit of 100 objects has been reached. The project is likely to take up between 1 and 5 hours of your time.

Your submission may be kept anonymous, if you prefer. If you choose to contribute your object for display without being identified, we will keep any personal data accompanying the object confidential. You may also submit an object without it being displayed, in which case all data you submit will be de-identified. Data collected in association with objects submitted will be securely stored for a period of five years in accordance with Deakin University's data storage protocols. Any physical objects submitted to the in-person conference exhibition will be returned to participants after its conclusion.

Research findings from this project will be disseminated via a book catalogue of exhibition objects, publications, and a toolkit. We will provide you with updates about project research outcomes as these become available via an open access repository, email and the project website.

You may choose to withdraw from the study at any time.



**CRIS**  
Centre for Resilient  
and Inclusive Societies



## **Who is conducting the study?**

---

This research study is conducted by CRIS Researchers in partnership with members of the Explore Group at the Centre for Multicultural Youth. Both CRIS and CMY personnel are highly experienced in working on a wide range of community-based research and education projects with people from diverse cultural backgrounds.

## How can I contact the researchers?

---

Chief Investigator: Dr Vivian Gerrand, Centre for Resilient and Inclusive Societies, Deakin University. Tel: +61 438 052 073  
[vivian.gerrand@deakin.edu.au](mailto:vivian.gerrand@deakin.edu.au)

Chief Investigator: Dr Kim Lam, Centre for Resilient and Inclusive Societies, Deakin University. Tel: +61 402 219 778  
[kim.lam@deakin.edu.au](mailto:kim.lam@deakin.edu.au)

We recognise the challenging circumstances the COVID-19 pandemic has caused for many of us. If you or those close to you are experiencing distress, or need additional support, we encourage you to contact:

[Beyond Blue](tel:1300224636): 1300 22 4636

[Headspace](tel:0390270100): (03) 9027 0100

[Kids Helpline](tel:1800551800): 1800 551 800

[Lifeline](tel:131114): 13 11 14

Any queries about your participation in this project may be directed to the Chief Investigators listed above.

### **Complaints**

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

### **Project 2021-275 Objects for Everyday Resilience**

The Human Research Ethics Office, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: 9251 7129, [research-ethics@deakin.edu.au](mailto:research-ethics@deakin.edu.au)