



Resources · New in 2026

Self-Advocacy Journal & Health Navigator

From “I think I need help” to walking out of the appointment understanding what happens next.

Health Literacy

Medical Dismissal

From “I think I need help” to walking out of the appointment understanding what happens next.

resources

What it is

Two companion tools developed and designed by our executive team, led by our Resource Development team, **Rea T** and **Sahasra P.**

Health Navigator

A map of the Australian health system in plain language: which service to go to first, how to find and book a clinic, what to bring, what referrals and bulk billing mean, and your healthcare rights.

Self-Advocacy Journal

A working tool you fill in: a symptom and experience tracker, before- and after-appointment pages, an ongoing log, and reminders of what you're allowed to ask for.

Why it matters

Having a service isn't the same as being able to use it. Young people describe long waits, unclear pathways and not knowing where to start, so many give up before they get support. A clear symptom history also makes appointments calmer and more useful for everyone.

How they work together

BEFORE

Navigator: where do I actually go?

Journal: track what you're experiencing

DURING

Navigator: what to expect at the appointment

Journal: your list of questions

AFTER

Journal: record what you were told and your next steps

Navigator: what to do if the first service isn't the right fit

Who it's for

Young people navigating the health system on their own for the first time, and the parents, teachers and wellbeing staff who support them.

Where it's at

Both are new in 2026 and free to download, and both go into every Empower Pack.

Translated versions are coming soon. They are health education, not medical advice.

get involved

Download both, print the journal pages, and tell us what would make them more useful through our contact form.

[Download the Health Navigator →](#)

[Download the Journal →](#)



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Health education, not medical advice. We acknowledge the Wurundjeri Woi-wurrung people of the Kulin Nation, where Aletheia was founded. Sovereignty was never ceded.