

## Indigenous Resource Hub



**WellMob**

<http://wellmob.org.au>

A website that brings together online wellbeing resources for frontline health and wellbeing workers to access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.

WellMob was developed by eMHPrac in partnership with Australian Indigenous HealthInfoNet and under the guidance of Aboriginal and Torres Strait Islander community health workers.

## Resources for Service Providers



### HealthInfoNet

'Social and emotional wellbeing' 'Healing' Knowledge and information about Aboriginal and Torres Strait Islander health. [healthinfonet.ecu.edu.au](http://healthinfonet.ecu.edu.au)



### Australian Indigenous AOD Knowledge Centre

Online practice guidance for Aboriginal and Torres Strait Islander AOD use. [www.aodknowledgecentre.net.au/](http://www.aodknowledgecentre.net.au/)



### The Royal Australian and New Zealand College of Psychiatrists

e-learning resources for Aboriginal and Torres Strait Islander mental health professionals. [www.ranzcp.org/practice-education/indigenous-mental-health/aboriginal-torres-strait-islander-mental-health](http://www.ranzcp.org/practice-education/indigenous-mental-health/aboriginal-torres-strait-islander-mental-health)

## Digital Social, Emotional and Cultural Wellbeing Resources

Online social, emotional and cultural wellbeing resources are programs, tools or applications delivered via online, mobile, or phone-based platforms. Digital resources can be used alone or in combination with face-to-face support.

There are a number of excellent digital tools designed by and for Aboriginal and/or Torres Strait Islander people of all ages who are struggling with maintaining a healthy mind, connecting to country and culture or who are having community or relationship challenges.

### DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

Scan to download a free PDF version from the eMHPrac Website



eMHPrac is funded by the Australian Government



**eMHprac**  
E-MENTAL HEALTH IN PRACTICE

A Brief Guide:  
Digital Social, Emotional and Cultural  
Wellbeing Resources for Aboriginal  
and/or Torres Strait Islanders

## National Mental Health Website

### Head to Health

#### Head to Health

A website that links Australians to online and phone mental health services, information and resources. [headtohealth.gov.au](http://headtohealth.gov.au)

## Phone Support



#### 13YARN

Confidential, one-on-one yarning for mob who are feeling overwhelmed or having difficulty coping. [www.13yarn.org.au/](http://www.13yarn.org.au/) 13 92 76 (24/7)



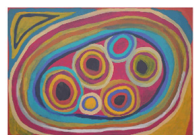
#### Brother to Brother

Phone support for Aboriginal men for relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope. [www.dardimunwurro.com/brother-to-brother/](http://www.dardimunwurro.com/brother-to-brother/) 1800 435 799 (24/7)



#### Yarning Safe'n' Strong

National 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Health Services (VAHS). [www.vahs.org.au/yarning-safenstrong/](http://www.vahs.org.au/yarning-safenstrong/) 1800 959 563



THIRRILI

#### THIRRILI

Indigenous led and controlled suicide prevention service, providing emotional and practical support to families impacted by a loss from suicide or other fatal traumatic incidents. [thirrili.com.au/](http://thirrili.com.au/) 1800 805 801



#### 1800RESPECT

24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence. [www.1800respect.org.au/](http://www.1800respect.org.au/) 1800 737 732



#### Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs). [kidshelpline.com.au](http://kidshelpline.com.au) 1800 55 1800 (24hrs)



#### Suicide Call Back Service

National 24/7 telephone and online counselling for anyone affected by suicide. [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au) 1300 659 467 (24hrs)



#### Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time. [beyondblue.org.au/get-support/get-immediate-support](http://beyondblue.org.au/get-support/get-immediate-support) 1800 224 636 (24hrs)

## Online Programs and Websites



#### MindSpot

'Indigenous wellbeing course'  
Online social and emotional wellbeing program combining practical skills and stories. Also offered as a workbook. Includes optional clinician support. [mindspot.org.au/indigenous-wellbeing-course](http://mindspot.org.au/indigenous-wellbeing-course)



#### Dreamy Sleep

Sleep stories from First Nations story tellers. [www.dreamysleep.com.au/](http://www.dreamysleep.com.au/)



#### headspace Yarn Safe

Provides online mental health education information for Aboriginal and Torres Strait Islander youth (12-25yrs). Features video stories, factsheets and campaign resources. [headspace.org.au/yarn-safe/](http://headspace.org.au/yarn-safe/)



#### Propa Deadly

A compilation of audio stories of Aboriginal and Torres Strait Islander men and women sharing their experience of anxiety and depression. [bimaprojects.org.au/our-work/propa-deadly/](http://bimaprojects.org.au/our-work/propa-deadly/)



#### iTalk Studios

A range of animated videos exploring education, health, law and money. The videos are in English and many dialects of Aboriginal language. [www.italkstudios.com.au/](http://www.italkstudios.com.au/)



#### Positive Choices

Provides online resources, sharing stories and health promotion of the effects of drugs. Designed in collaboration with Aboriginal and Torres Strait Islander communities. [positivechoices.org.au/Indigenous](http://positivechoices.org.au/Indigenous)



#### Hitnet Community Hub

An online kiosk delivering culturally appropriate health and social information to Australia's hardest-to-reach communities. [kiosk.hitnet.com.au/public/](http://kiosk.hitnet.com.au/public/)



#### Burndawan

Online program and information about harmful behaviours from a partner or family member. [burndawan.com.au](http://burndawan.com.au)

## Apps



#### Stay Strong (for tablets)

A strengths-based clinician-guided app for Aboriginal and Torres Strait Islander clients with wellbeing concerns, chronic disease, or substance misuse problems. [www.menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App/](http://www.menzies.edu.au/page/Resources/Stay_Strong_iPad_App/)



#### Kurdiji (Android only)

An app created by Waripiri Elders, designed to save young Aboriginal and Torres Strait Islander lives. [www.kurdijiapp.wordpress.com/](http://www.kurdijiapp.wordpress.com/)



#### Deadly Tots

Provides an interactive Aboriginal and Torres Strait Islander infant and child health promotion tool. [deadlytots.com.au/Page/deadlytotsapp](http://deadlytots.com.au/Page/deadlytotsapp)