

Here are some quick links to great resources to keep you feeling well. Check out the WellMob website www.wellmob.org.au to find other culturally safe wellbeing resources.

Mind

Suicide Prevention

wellmob.org.au/mind/suicide-prevention



Beyond Now: Suicide Safety Planning

An app to help make a 'safety plan' for anyone with suicidal thoughts



Joe Williams Indigenous Man and Suicide Attempt Survivor

Video interview with Wiradjuri man and professional athlete, Joe Williams, about mental health struggles.

Depression and Anxiety

wellmob.org.au/mind/worries



Smiling Mind

Free app teaching people how to calm the mind.



Mental health animations: depression, anxiety, psychosis, staying strong

Animated videos about various mental health problems for Aboriginal people in the Katherine region of the NT.

Stress

wellmob.org.au/mind/worries



Got a lot going on? No shame in talking it out

Four factsheets on anyone who has worries, is feeling stressed or is having trouble with drugs and alcohol.

Mind

Diet

wellmob.org.au/mind/eating-disorders



Aboriginal and Torres Strait Islander guide to healthy eating

A snapshot of eating in pictures showing which food to eat more and which to avoid.



Butterfly

Butterfly Foundation

Information, support and helpful resources about eating disorders.

Indigenous Crisis Support Phone

13 YARN

13 YARN

13 92 76

line available 24/7

Counselling Services List



Healing Our Way

wellmob.org.au/get-help

Online counselling resources providing non-urgent assistance.

Our Mob

LGBTIQIA+ mob

wellmob.org.au/gender-identity



Yarns heal 🌐

A suicide prevention website for LGBTIQIA+ mob.

Parents

wellmob.org.au/our-mob/parenting



Parents Under Pressure ▶

Parenting tips videos around bringing up kids in a nurturing environment.

Young People

wellmob.org.au/our-mob/young-people



Holistic health 📄

Full deck of playing cards with healthy messages to encourage discussion while playing.

Relationships

wellmob.org.au/our-mob/relationships



Healthy relationships ▶

Cartoon video on unsafe relationships for young people and teachers.

Keeping Safe

Racism

wellmob.org.au/keeping-safe/racism



No Shame in Talking About It ▶

Young people sharing stories about break-ups, connecting to culture and dealing with racism.

Body

Grog

wellmob.org.au/body/grog



The grog brain story ▶

A cartoon showing how drinking grog affects the brain.

Drugs

wellmob.org.au/body/drugs



Cracks in the Ice ▶

Videos and information about the drug ice.

Sleep

wellmob.org.au/body/sleep



Dreamy: sleep stories from First Nations storytellers 🌐

Collection of sleep stories for people who have difficulty with falling asleep.