

Here are some quick links to great resources to keep you feeling well. Check out the WellMob website [www.wellmob.org.au](http://www.wellmob.org.au) to find other culturally safe wellbeing resources.

## Mind

### Suicide Prevention

[wellmob.org.au/mind/suicide-prevention](http://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](http://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](http://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](http://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](http://wellmob.org.au/get-help)

Online counselling resources providing non-urgent assistance.

## Our Mob

### LGBTIQIA+ mob

[wellmob.org.au/gender-identity](http://wellmob.org.au/gender-identity)



**Yarns heal** 🌐

A suicide prevention website for LGBTIQIA+ mob.

### Parents

[wellmob.org.au/our-mob/parenting](http://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](http://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](http://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](http://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](http://wellmob.org.au/body/grog)



**The grog brain story** ▶

A cartoon showing how drinking grog affects the brain.

### Drugs

[wellmob.org.au/body/drugs](http://wellmob.org.au/body/drugs)



**Cracks in the Ice** ▶

Videos and information about the drug ice.

### Sleep

[wellmob.org.au/body/sleep](http://wellmob.org.au/body/sleep)



**Dreamy: sleep stories from First Nations storytellers** 🌐

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