

Healing

Healing pathways for trauma caused across generations including the Stolen Generations.



Healing Foundation

Information to support healing for Stolen Generations survivors, families and communities.

Crisis Counselling

Support to work through severe distress or crisis.

If you are in immediate danger, please call "000" or go to an emergency department.

13YARN

☎ 13 92 76 (24/7)

Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.



Brother to Brother Crisis Line

☎ 1800 435 799 (24/7)

Crisis phone support line for Aboriginal men struggling with relationships, family violence, parenting or other issues. Staffed by Aboriginal men with lived experience.



Suicide Call Back Service

☎ 1300 659 467 (24/7)

Online, telephone and video counselling for people (15yrs+) in Australia who are feeling suicidal or affected by suicide.



Kids Helpline

☎ 1800 55 1800 (24/7)

Online and phone counselling and information service for young people (5-25yrs).



1800RESPECT

☎ 1800 737 732 (24/7)

Phone, video, SMS and webchat counselling for anyone who has experienced, or is at risk of, domestic, family, or sexual violence.



Digital Social and Emotional Wellbeing Resources

Digital social and emotional wellbeing resources use online programs and tools, apps, and other phone and video-based platforms to deliver support.

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

These resources are free or low cost, and easy to access at a time that suits you, with just a phone or an internet connection. Digital resources can be used alone or in combination with a health worker.

WellMob



Digital social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People.

This brief guide provides a list of digital mental health resources suitable for Aboriginal and Torres Strait Islander People. This list is not exhaustive and represents only Australian products. For other relevant resources see WellMob.

This guide is for general information purposes only and is not a substitute for professional mental health advice. For more information on mental health assessment or treatment, visit your GP, other mental health professional or Indigenous Health Worker.

This brochure is not to be used for commercial purposes.



eMHPrac is funded by the Australian Government

eMHprac
E-MENTAL HEALTH IN PRACTICE

Digital Social and Emotional
Wellbeing Resources
for Aboriginal and
Torres Strait Islander People



Download from the eMHPrac
website

Mind

Support for worries, stress, feeling sad or jumbled thoughts.

+ Guided support available



MindSpot

Self-check-in tool, information and Indigenous Wellbeing online program with optional therapist guided support for adults with worries and low mood.



AIMhi-Y

An app developed on the lands of the Larrakia and Arrante People for young Aboriginal and Torres Strait Islander People (12-25yrs) at risk of distress and suicide.



Bunyarabugalma Youth

App developed with and by young Indigenous People (12-25yrs) on Bundjalung Country to strengthen wellbeing.



Headspace Yarn Safe

Resources for young Aboriginal and Torres Strait Islander People on mental wellbeing, stress and pressure, relationships and alcohol and drugs.

Gambling Help Online

☎ 1800 858 858 (24/7)

First Nations telephone and online counselling support, with access to an online community, self-assessment, resources and self-guided modules to harness motivation and support the progress of anyone affected by gambling.

Gambling Help [Online](#)



ReachOut

Information for young First Nations People, with online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.



Thirili/National Indigenous Suicide Postvention Service

Phone line empowering Aboriginal and Torres Strait Islander families and communities to pave a path towards healing after a suicide or other fatal traumatic incident, connecting them to an advocate who can coordinate emotional and practical support. Not a crisis counselling service.

Mind (cont.)



Smiling Mind

Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing. Series of meditations in Ngaanyatjarra and Pitjantjatjara languages.



Butterfly Foundation

Information, self-assessment, online, video and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.



Mensline

A telephone, video and online counselling organisation offering support to men in Australia.

Our Mob

Support for healthy relationships and staying connected.



Raising Children Network

Guidance for Aboriginal and Torres Strait Islander families, parents and caregivers to grow and thrive together. Available as Raising Healthy Minds app.



SMS4deadlydads

SMS support with tips for Aboriginal and Torres Strait Islander dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.

Keeping Safe

Support for bullying, family violence, discrimination, and suicidal thoughts.



Yarning SafeNStrong

☎ 1800 959 563 (24/7)

Counselling for Aboriginal and Torres Strait Islander People providing a safe space to yarn with someone about wellbeing. Including financial wellbeing and drug and alcohol issues.



Beyond Now

App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.

Body

Sharing ways to look after our body including eating well, staying fit, sleep health, and alcohol and other drug use.



Dreamy

Sleep stories from First Nations storytellers to help with sleep difficulties.



Quitline

☎ 13 78 48

Phone support and coaching to help people quit smoking or vaping with optional 'call back' from an Aboriginal and Torres Strait Islander counsellor.



Sleep Ninja

An app to help young people (12-16yrs) improve their sleep quality.



Strong Spirit Strong Mind

An online hub promoting Aboriginal culture as central for strengthening social and emotional wellbeing, and reducing harm from alcohol and other drug use.



Wadi Wanti

Interactive modules to support Aboriginal and Torres Strait Islander People who use ice to cut down or stop using.



Positive Choices

Aboriginal and Torres Strait Islander portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.



My QuitBuddy

An app to help people quit smoking or vaping, providing support to overcome cravings, track symptoms and progress, and link with an online community.



Alcohol and Drug Foundation

Information for First Nations People on the effects of alcohol and different drugs, treatment options, and information for those worried about someone else.