

Supporting Our Mob in the Digital Space



WellMob

Healing Our Way

www.wellmob.org.au

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Presentation outline

- Background on Social and Emotional Wellbeing (SEWB)
- WellMob website demonstration
- Using WellMob in practice
- Resource Sheets – Short cuts for health workforce
- Questions, comments & discussion





Who we are

- Part of electronic Mental Health in Practice (*eMHPprac*)

What we are about

- Co-developed the WellMob website with Aboriginal frontline health workers
- Part-time team based at the *University of Sydney's* University Centre for Rural Health (Lismore)

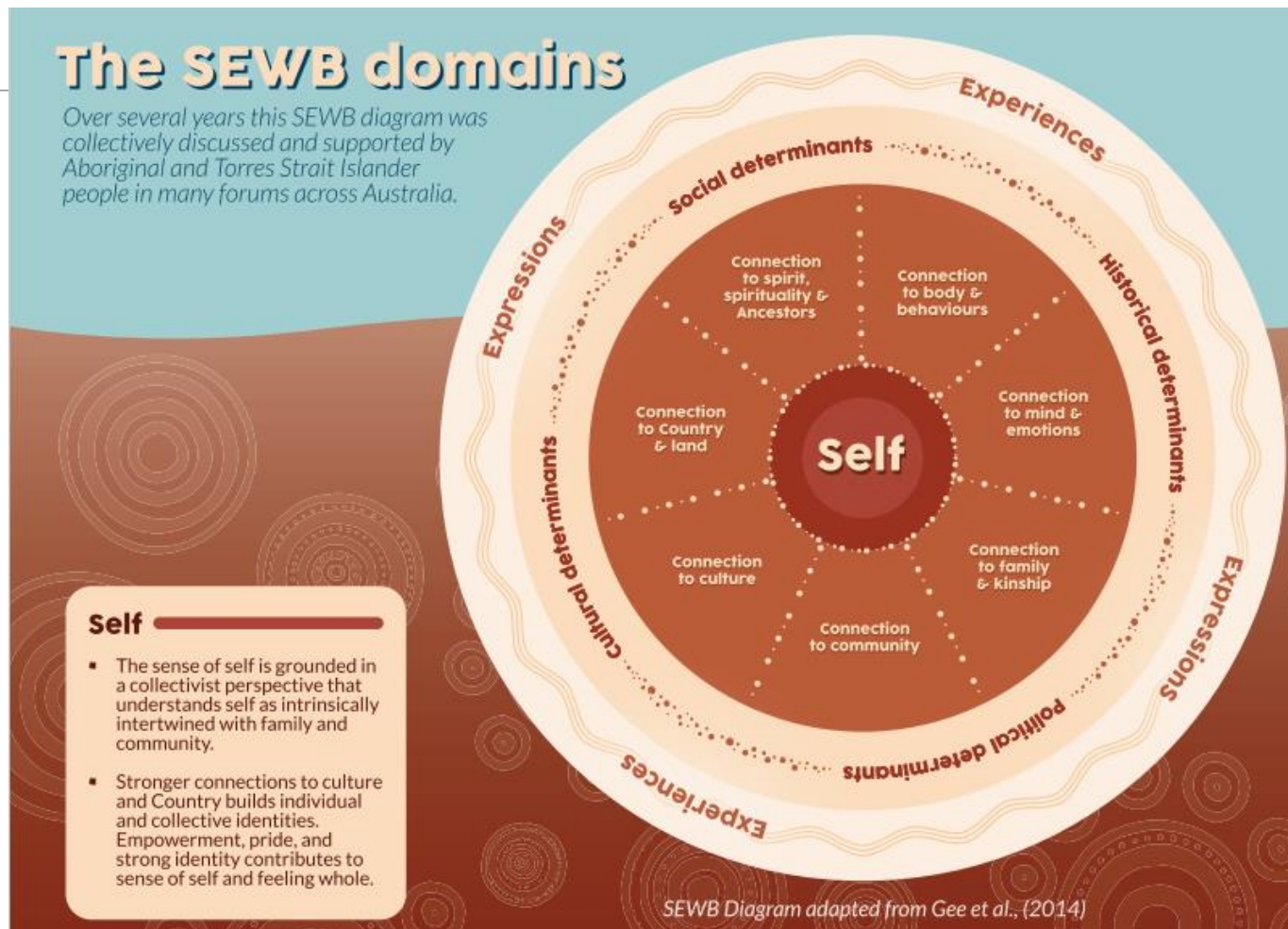


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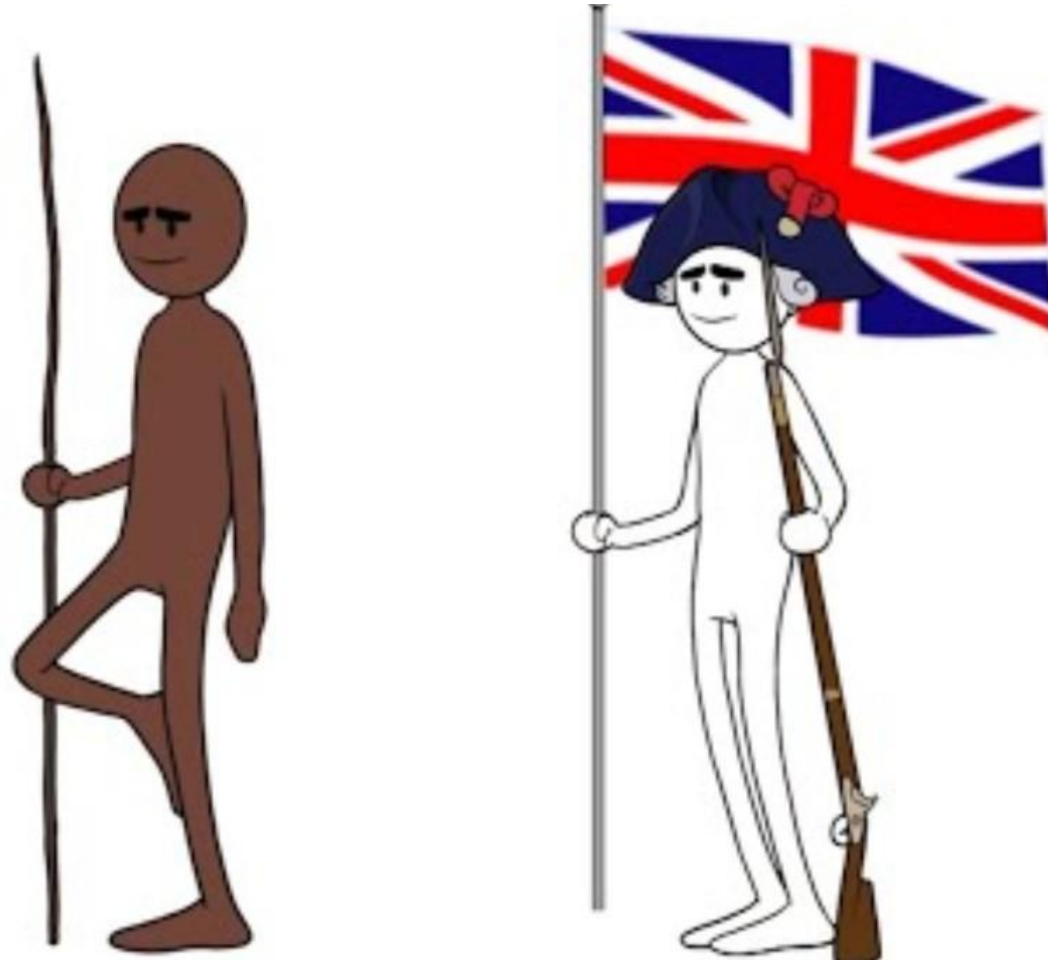
What is Social & Emotional Wellbeing (SEWB)?

SEWB

- Holistic wellbeing & strengths based
- Several domains – connection to mind, body, family, community, culture, country and ancestors or spirituality.
- Structural determinants of health
- Both the domains & determinants are unique for every community



Source: Gee, Dudgeon, Shultz, Hart & Kelly, 2014



The Journey of Wellbeing – Video

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What is WellMob?




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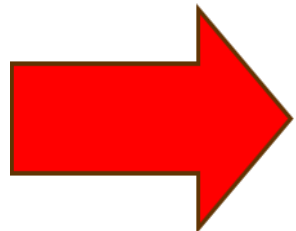
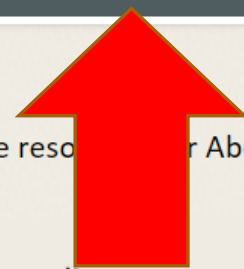
Navigating www.wellmob.org.au



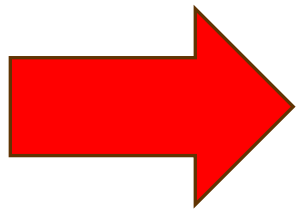


Social, emotional and cultural wellbeing online resources for Aboriginal People

 **GET HELP**
Find immediate help here



Short cuts to top resources
WellMob Resource Sheets for workforce



Find resources by content type

					
Apps	Websites	Audio	Documents	Social Media	Videos

Client scenario:

- **Natalie – 20 yo**
- **Amphetamine use**
- **Grew up in foster care**
- **Living in domestic violence relationship**
- **Wants to set goals for a better life**



Enter “goals” into the search bar



The tiles that might also have useful resources are:

Mind – Strong mind

Body – Drugs

Our Mob – Young people

Our Mob – Women

Culture – Young people

Keeping Safe – Family
Violence



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Key steps for workers using WellMob with clients



Ask: Understand your clients needs & literacy (technology, language & health)



Search: Explore with client in session or in your own time



Match: Use the right resource for the client & situation


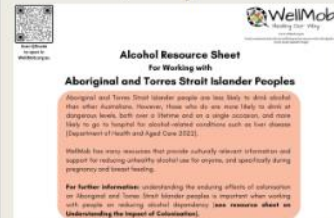


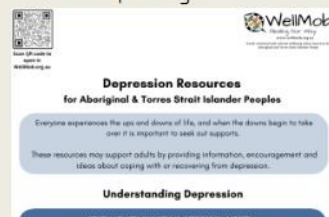



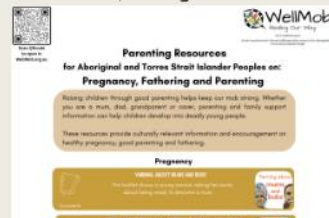





Use/ share: Use in session with client &/ or share it via email or write it down



Evaluate: Check in next time. Did it help? What else may work for the client?

Shortcuts to the top resources – Resource Sheets for Workers

<p>Electronic source 2024</p>  <p>Resource sheet overview</p>	<p>Resource package 2024</p>  <p>Alcohol resources</p>	<p>Resource package 2024</p>  <p>Anxiety resources</p>	<p>Resource package 2024</p>  <p>Cultural identity resources (adults, children and young people)</p>
<p>Resource package 2024</p>  <p>Depression resources</p>	<p>Factsheet 2024</p>  <p>Drugs resources</p>	<p>Factsheet 2024</p>  <p>How to be a good ally resources</p>	<p>Resource package 2024</p>  <p>LGBTQIA+ resources</p>
<p>Resource package 2024</p>  <p>Parenting resources</p>	<p>Factsheet 2024</p>  <p>Racism resources</p>	<p>Factsheet 2023</p>  <p>Referendum self-care resources</p>	<p>Factsheet 2024</p>  <p>Self-care resource sheet</p>



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Updated with new resources October 2024 Cultural Identity Resources for Aboriginal & Torres Strait Islander Young People

We are all unique and have many distinct parts that help make up our identity. The most important thing is for people to feel comfortable in their identity as Aboriginal and Torres Strait Islander peoples.

A strong cultural identity can provide a sense of belonging, purpose and self-worth. It can be a protective factor that strengthens social and emotional wellbeing, and helps buffer against risk factors such as racism, discrimination, trauma and loss.

Cultural identity can be strengthened and maintained in many ways, such as:

- Participating in community cultural events
- Connecting with family, community, elders, and country
- Through language, storytelling, song, dance, art and learning cultural skills such as weaving and cooking

Supporting someone with cultural identity can be a sensitive topic and is unique to each individual. However, it can be a powerful part of someone's healing journey. It's important to seek guidance from local knowledge holders to offer culturally appropriate support.

WellMob recommends watching the [Emerging Minds webinar on Working and walking alongside Aboriginal and Torres Strait Islander children and young people](#) and review the WellMob resource sheets on [understanding the impacts of colonisation and social and emotional wellbeing](#).

We recommend providing these crisis numbers

13YARN: 13 92 76
Kids Help Line: 1800 55 1800
Suicide Call Back Service: 1300 659 467
Lifeline: 13 11 14
Beyond Blue: 1300 224 636



Updated with new resources Nov 2024 Drugs Resources

Drugs are a contributing factor to physical and mental health concerns, disease, accident and injury, violence and crime, family and social disruption, education and workplace concerns. Opioids, amphetamines, and cannabis account for 80% of the disease impact for Aboriginal and Torres Strait Islander peoples (Australian Institute of Health and Welfare).

Understanding the impact of colonisation on Aboriginal and Torres Strait Islander peoples is important when working with people to reduce drug and smoking dependency ([see resource sheets below on Understanding the Impact of Colonisation and Understanding and Healing from Trauma](#)).

Education and Prevention

POSITIVE CHOICES: ABORIGINAL AND TORRES STRAIT ISLANDER RESOURCES

A website with information about drugs to help educate young people. It includes booklets, videos, and games. Some resources are in English, Arrernte, Torres Strait Islander Creole, and Warlpiri.



Websites

CRACKS IN THE ICE

A website with information and resources for people who use ice, their families and friends, health workers and community groups.



Websites

WADA WANTI: LEAVE THE ICE ALONE

An interactive website for ice users and health workers that has seven modules to help people stop using ice (methamphetamine). Each module includes videos and information to support people at different stages of recovery.



Websites

ADF ABORIGINAL AND TORRES STRAIT ISLANDER RESOURCES: DRUG FACTS

Six fact sheets about drugs explaining what the drug is, its effects, what happens if you have too much or when you stop, how to stay safe and where to get help.



Documents

YARNDI AND SPEED FACTSHEET

Two fact sheets about Yarndi and Speed what it does to you and how to cut down/quit.



Documents

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Racism Resource Sheet

For many Aboriginal and Torres Strait Islander peoples, racism is an everyday reality. Many people experience racism in the street, their workplaces, and their schools, causing lasting harm. Discrimination and racism can cause severe health problems. Racism is associated with depression, anxiety, substance misuse, psychological distress and poor health status.

WellMob features many online resources that can support Aboriginal and Torres Strait Islander peoples who have been impacted by racism.

Resources for community

RACISM RESILIENCE AND COMMUNITY SELF CARE RESOURCES

Five short videos providing tips on how Aboriginal and Torres Strait Islander people can look after themselves when confronted by racism and ways to manage their self-care.



Video

HEALING OUR WAY

An episode where guests explore racism, truth-telling and how to look after yourself.



Audio

RACISM VIDEO

A video by Aboriginal and Torres Strait Islander young people sharing stories about dealing with racism.



Video

CALL IT OUT: FIRST NATIONS RACISM REGISTER

A secure way for people to report incidents of racism and discrimination towards First Nations Peoples to help raise awareness and drive systematic change.



Websites

RACISM AND HOW TO LOOK AFTER YOURSELF

A webpage that explores what racism is, who racism affects, the impacts and how to look after your social and emotional wellbeing.

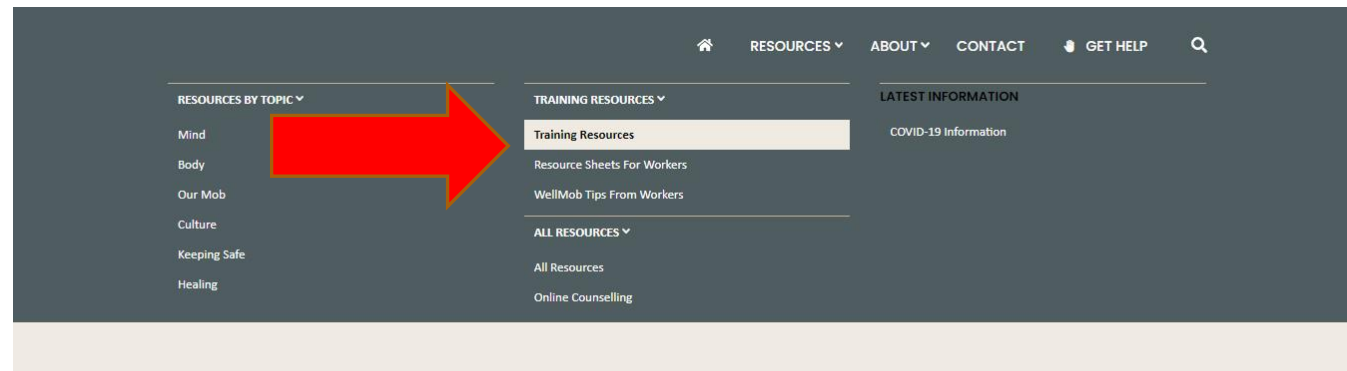


Video

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Training Resources



Short cuts to top resources
WellMob Resource Sheets for workforce



[All Resources](#)[How to Use Digital
Resources](#)[Impact of
Colonisation](#)[Resource Sheets](#)[Self-care](#)[Social and Emotional
Wellbeing](#)[Best Practice
Ideas](#)[Trauma Informed
Care](#)[Other/general](#)

Find resources by content type

Recap



Who? Frontline workers & clients

What? Library of online wellbeing resources

Where? wellmob.org.au

Remember: check out the Resource Sheets

More info? Feel free to contact us.

Stay connected



WellMob



www.wellmob.org.au

http://



Subscribe to our newsletter



wellmob.info@sydney.edu.au



Questions?

Q 1. WellMob content specific to different groups?

- Young people/ schools
- Family/ carers
- Incarcerated peoples
- Family/ domestic violence

Q 2. Content for harm minimisation & stopping use?

Q 3. Content for workforce PD in providing culturally safe care?

Workers yarning about using WellMob

