

Young People

wellmob.org.au/e-health-topics/our-mob/young-people



AIMhi-Y app

An app to support the wellbeing of young people aged 12-25, to reduce the risk of stress and suicide. It is recommended for use in collaboration with a support service or person.



Aboriginal and Torres Strait Islander parents and teenagers: help me understand/things to try

This website has practical information videos to support the social and emotional wellbeing (SEWB) of our young people. It gives ideas about how to connect with culture and build SEWB as a teenager and how to be a supportive parent/carer. It has tips and shared stories on how to deal with racism, discrimination, stress, bullying, anxiety, depression, body image and conflict.

Suicide and Self-harm

wellmob.org.au/e-health-topics/mind/suicide-and-self-harm



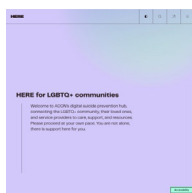
Help when you are feeling down: a self help resources for Aboriginal and Torres Strait Islander people who are feeling down

This two-page self-help leaflet has nine simple tips on what to do when feeling down and suffering sadness, anger or feeling helpless and lonely.



NSW Aboriginal Suicide Prevention Campaign stakeholder kit: Connect, reach out and heal our way

This stakeholder kit and campaign includes a video and booklet about how to have a safe conversation and support someone who has thoughts of suicide. It has practical tips on how to reach out, yarn and offer support. The booklet has a comic strip and case studies from suicide prevention workers. The video also gives some tips on how to look after yourself in these situations.



HERE

This digital suicide prevention hub is for LGBTQIA+ people and their families and friends. It gives information about suicide, how to talk about suicide and how to get help. It also talks about how to support someone who is suicidal. It lists suicide support services and explains what to expect when you contact them. It also lists training and the organisations that deliver them.



Support after suicide: YouMe ~ WhichWay

Two short videos talking about workshops for families and communities affected by suicide. The workshops by Standby talk about grief, loss and trauma because of suicide.

Worries

wellmob.org.au/e-health-topics/mind/worries



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

Three videos explain what is happening for someone when they experience mental health worries. They are on anxiety, depression and psychosis (feeling 'womba'). These two-minute videos explain what these conditions may look like or feel like and how to seek medical help. The fourth video talks about what people can do to keep their spirit strong, such as yarning with trusted people and ways to look after yourself.

Strong Minds

wellmob.org.au/e-health-topics/mind/strong-minds

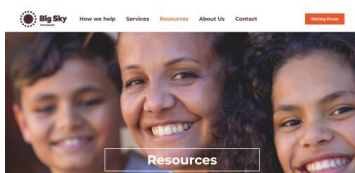


Stay Strong and Look after your mob

This campaign material shows how to maintain a strong spirit to look after self and others. It includes posters and 30 second audio messages in English and some WA Aboriginal languages.

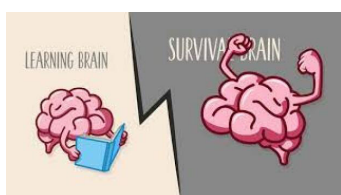
Trauma

wellmob.org.au/e-health-topics/healing/trauma



Trauma Toolkit

This toolkit has five posters/flyers for workers to use with clients experiencing trauma. Topics include: brain development, healing families, make shame smaller, trauma in childhood and windows of coping.



Learning Brain and Survival Brain: how experience helps shape behaviour

This seven-minute video describes what happens to a child's brain when they experience violence, abuse or neglect. It explains the difference between 'survival brain' and 'learning brain', and how they affect the child's behaviour and ability to learn. It suggests what can be done to help the child feel safe and turn on their learning brain at home, in community and at school.



The Dance of Life

This fact sheet explains how the physical, mental and cultural parts of someone's life can come together to support their wellbeing. It includes artwork and explanations of each of these areas and what services can do to support healing. The associated website has other fact sheets on working with young people and their families.



Eating Disorders

wellmob.org.au/e-health-topics/mind/eating-disorders



EveryBODY is Deadly resources

This resource includes a poster, fact sheet and two videos. The fact sheet explains the problems some people have with their body image. It also explains what eating disorders are. The videos share personal stories about body image, weight issues and sexual identity.

Smoking

wellmob.org.au/e-health-topics/body/smoking



Smoking and pregnancy [Animated videos]

These three animated videos show why it's important to quit smoking when pregnant. The videos show the effects of smoking in pregnancy, how to give up and how men can support their pregnant partner.

Training Resources

wellmob.org.au/e-health-topics/training-resources



Social emotional wellbeing

This nine-minute video for workers explains why trauma-informed care is important. It explains what complex trauma is and how it impacts someone's brain and development. It also explains vicarious trauma and how to provide holistic care and self-care as a worker.



Social and emotional wellbeing: a welcome guide for the Aboriginal workforce

This guidebook aimed at workers in the Kimberley region looks at what social and emotional wellbeing (SEWB) is and how to build it with clients and the community. It also links to many resources for any workers to support SEWB in service delivery, and it includes a checklist for workers.