



WellMob

Have you heard of WellMob?

Social and Emotional Wellbeing online resources for Our Mob
wellmob.org.au

The creators of WellMob acknowledge all Aboriginal and Torres Strait Islander people across the country. We pay tribute to all the deadly mob who have developed the resources gathered together on this website.

What is WellMob?

WellMob is a website that brings together online wellbeing resources for Our Mob including:

- websites
- videos
- apps
- social media
- podcasts
- online programs

You can find wellbeing resources using the search function or click onto one of the six topic tiles:



WellMob has over 200 online wellbeing resources. Let us know if you have a resource you would like to share at healthinonet@ecu.edu.au.

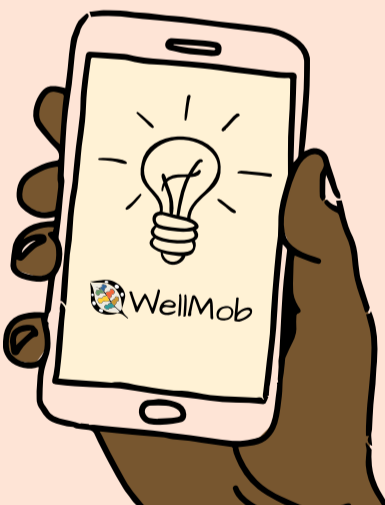


Who is WellMob for?



WellMob is for our health and wellbeing workers and our communities.

Why create WellMob?



The inspiration for WellMob came from frontline health and wellbeing workers. They needed a 'one-stop shop' of culturally relevant online wellbeing resources they could use with clients and their communities.

WellMob was developed nationally under the guidance of Aboriginal and Torres Strait Islander community health workers. WellMob acknowledges the input of the website development reference groups in Larrakia (Darwin), Kaurana (Adelaide) and Bundjalung (Lismore NSW) country.

The Australian Indigenous HealthInfoNet partnered with eMHPac (e-mental health in practice) to develop the website. It was funded by the Australian Department of Health.

Artwork

The logo and artwork were created by Frances Belle Parker a descendant of the Yaegl people. In relation to the logo, Frances states:

The figures in the leaf represent a coming together and a healing. They also represent the veins we see in nature. Like the waterways, they depict life giving blood which makes it possible for us to thrive as a people. The design can also be viewed as a seed pod, in that sense it becomes a place of nurture, a place where we are embraced and allowed to heal and come out of our shell.

Contact details

Find out more on the WellMob website:
wellmob.org.au



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