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# Cultural Identity Resources for Aboriginal & Torres Strait Islander Adults

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**



Videos

## DADIRRI

A video discussing Dadirri which draws upon the deep spring within us that asks us to be still, to wait and to listen.



Websites

## HEALING FOUNDATION

A website that has many resources aiming to amplify the voices and lived experience of Stolen Generations survivors and their families.



Documents

## YOUR IDENTITY MAP

An article that explains the link between culture, learning and identity.



Audio

## LET'S TALK [PODCASTS]

A podcast series that presents interviews and programs on current affairs, arts, music, and culture relevant to First Nations peoples



Videos

## WEBCAST SERIES: CULTURAL DETERMINANTS OF HEALTH

Six webinars of First Nations leaders discussing a range of social and emotional wellbeing topics.



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