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 Updated with new resources Nov 2024

## Depression Resources

Everyone experiences ups and downs in life, but when the tough times start to take over, feeling down, sad, tired, low on energy, worthless, frustrated, or struggling with eating and sleeping - it's important to reach out for support and yarn about it.

These resources are here to help adults by providing information about depression, offering practical coping strategies, and sharing stories from other mob who have walked a similar path and found their way to healing.

### Understanding Depression



Videos

#### MENTAL HEALTH ANIMATIONS: DEPRESSION, ANXIETY, PSYCHOSIS AND STAYING STRONG

Three videos explain what is happening for someone when they experience anxiety, depression, and psychosis.



Videos

#### BEYOND BLUE ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

A website that provides information and support for people who are feeling broken and sad inside.



Videos

#### CONNECT TO WELLBEING - ABORIGINAL AND TORRES STRAIT ISLANDER STORIES - BOB

Bob talks about how he copes when he's feeling sad. Bob says that being on Country heals his spirit and that it can also be good to get support from a doctor or health service.



Audio

#### BEING WELL: PAUL'S STORY, PERCY'S STORY

Two half-hour podcasts from Aboriginal men who talk about the challenges they faced around depression and other mental health issues.



Documents

#### 13YARN FACT SHEETS

Fact sheets that provide information and practical tips on a range of common health and wellbeing issues including depression.



### 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**

## Coping with depression and building resilience



Videos

### TAKE A STEP RESOURCES

The Stronger You Wheel is a hard copy tool to help plan how to stay or become stronger. There are also 30 second videos on: Strong Body; Strong Culture; Strong Identity; Strong Mind; and Strong Purpose.



Documents

### WELLBEING TOPIC TIP SHEETS

These 11 tip sheets provide suggestions on how to handle a range of wellbeing issues, including depression.



Audio

### MOB WAY RU OK?

Several podcast interviews with well-known and everyday First Nations people talking about their experiences of life's ups and downs, how they yarn with each other, reach out and get help when needed.



Apps

### AIMHI STAY STRONG APP

This app helps practitioners to support clients to assess the areas in life where they feel strong and not so strong so they can set some healthy goals.



Websites

### ABORIGINAL AND TORRES STRAIT ISLANDER PARENTS AND TEENAGERS: HELP ME UNDERSTAND/ THINGS TO TRY

This website has practical information and videos to support the social and emotional wellbeing of our young people. This includes shared stories & tips on how to deal with racism, discrimination, stress, bullying, anxiety, depression, body image and conflict.



Documents

### TOOL KIT: HELP WHEN YOU 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.



Videos

### STORIES FROM COUNTRY - ANDREW BACON (YAMAJI)

An animated video that aims to encourage people to seek help when they are having difficulty coping.



Click here to connect to WellMob  
for other resources  
[www.wellmob.org.au](http://www.wellmob.org.au)

