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Updated with new resources Nov 2024

Understanding and Healing from Trauma Resources

Many Aboriginal and Torres Strait Islander peoples carry the deep impacts of trauma—both from personal experiences and intergenerational trauma stemming from colonisation. Acknowledging the impacts of colonisation is crucial to healing.

These resources are designed to support conversations with clients or serve as educational tools for workers, offering culturally relevant perspectives into understanding trauma and its effects. They also share stories of healing and practical ways to care for yourselves as workers supporting people affected by trauma.

Resources for Understanding the Impact of Trauma



LEARNING BRAIN AND SURVIVAL BRAIN: HOW EXPERIENCE SHAPES BEHAVIOUR

This animated video describes the impact of violence or abuse on a child’s brain, and what families and schools can do to help the child feel safe and turn on their learning brain.



Videos



SOCIAL AND EMOTIONAL WELLBEING

This video explains the effects of trauma on physical and emotional health and behaviour. It explains what trauma informed care is, what vicarious trauma is and how to keep yourself well as a worker.



Videos



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 the ‘window of coping’.



Documents



PRIORITISING FIRST NATIONS SOCIAL AND EMOTIONAL WELLBEING AFTER TRAUMA

A fact sheet for community that has information on how you may feel after a traumatic event and signs that you might need support. It also has tips on coping and self-care.



Documents

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

Trauma-Informed Care and Healing from Trauma



Documents

COPING WITH THE IMPACTS OF TRAUMA

This brochure explains what triggers are, what happens when you are triggered, and how to help yourself when this happens.



Websites

SURVIVORS AND MATES SUPPORT NETWORK

A website of resources for men who are survivors of child sexual abuse.



Documents

KOORI PARENTING: WHAT WORKS FOR US

A booklet and poster providing practical tips on parenting, building strong minds in children, and breaking the cycle of trauma.



Websites

HEALING FOUNDATION

A website that has information to support healing for the Stolen Generations. There are videos, school resource kits, webinars, and other resources to support healing.



Workforce Professional Development



Websites

HEALING THE PAST BY NURTURING THE FUTURE: WORKING WITH ABORIGINAL AND TORRES STRAIT ISLANDER FAMILIES

An e-learning course for practitioners and health and wellbeing workers that aims to develop understanding and skills in talking with First Nations parents about complex trauma.



Documents

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 explanations of each of these areas and what services can do to support healing.



Websites

TRAUMA INFORMED CARE FOR ABORIGINAL AND TORRES STRAIT ISLANDER CLIENTS

A 42-minute webinar providing an overview of trauma informed care practices with Aboriginal and Torres Strait Islander clients.



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