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# Understanding the Impact of Colonisation when working with Aboriginal & Torres Strait Islander Peoples

It is important that all health and wellbeing workers understand the ongoing impacts of colonisation and the former policies of segregation, assimilation and forced removal of children from families when working with Aboriginal and Torres Strait Islander peoples.

Intergenerational or transgenerational trauma describes how the impact of traumatic events experienced by ancestors is often carried by subsequent generations.

Racism is one of the enduring consequences of colonisation. It can contribute or add to current experiences of trauma. Racism may be individual but can also be systemic.

Many formal mental health diagnoses do not reflect or name these impacts that are often underlying or contributing causes to many conditions.

WellMob features many online resources that enhance understanding and support health workforce awareness of how transgenerational trauma and healing needs to be considered when working with today's First Nations Australians.

The resource sheet on Social and Emotional Wellbeing (SEWB) will add to the understanding of the links between the impact of colonisation, the social and historical determinants of health, and social and emotional wellbeing.

## Racism Resources



Videos

### THE INVISIBLE DISCRIMINATOR

A short video that explores the impacts of racism.






Videos

### NO SHAME IN TALKING IT OUT - RACISM

a short video of young people sharing stories about dealing with racism.






Audio

### HEALING OUR WAY

3 podcasts that discuss racism, truth telling and how to look after yourself.



## Transgenerational Trauma Resources



Videos

### JOURNEY OF HEALTH & WELL BEING

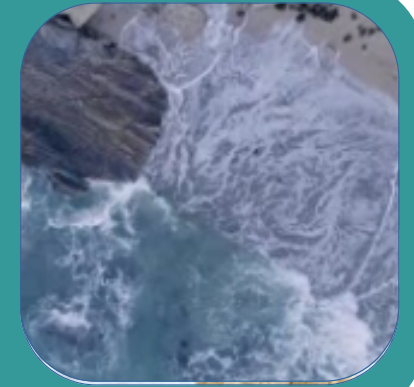
Shows the impact of colonisation on Indigenous people's health and wellbeing.



Videos

### WORKING WITH ABORIGINAL PEOPLE: ENHANCING CLINICAL PRACTICE IN MENTAL HEALTH CARE

Explains the effects of trauma, what is important for recovery and, the significance of identity and connection to culture.



Audio

### LET'S TALK: INDIGENOUS MENTAL HEALTH

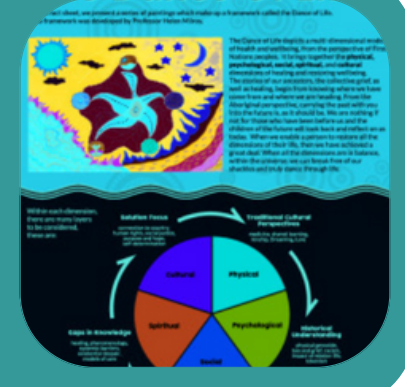
Joe Williams, Wiradjuri man and professional athlete, and Darcy Budden, Kamilaroi man and Aboriginal Health Worker, talk about mental health and the importance of reconnecting with culture.



Documents

### THE DANCE OF LIFE

Explains how the physical, mental, and cultural parts of someone's life can come together to support wellbeing.



Audio

### INDIGENOUS HEALTH - COMMUNICATION AND CONNECTION

A panel discussion on how to effectively communicate with Indigenous people in healthcare settings.



Videos

### WHAT'S UP WITH MY MOB? UNDERSTANDING AND HEALING ABORIGINAL TRANSGENERATIONAL TRAUMA

Interviews with workers and community members about transgenerational trauma since colonisation and how the healing can begin.



Videos

### INTERGENERATIONAL TRAUMA ANIMATION

Uncle Jack Charles explains intergenerational trauma and how it impacts young people.



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

