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Updated with new resources MAY 2025

Understanding the Impact of Colonisation

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 awareness and understanding and of transgenerational trauma.

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.

Understanding Colonisation impacts



Websites

THE CONTINUING IMPACT OF COLONISATION

This webpage features a short video by Professor Gregory Phillips on colonisation's lasting impacts and the need for truth-telling in reconciliation.



Videos

JOURNEY OF HEALTH & WELL BEING

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



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



ONE PLUS ONE - THE ELDERS

This series of 30-minute interviews feature well-known Indigenous Elders. They share stories about racism and trauma, how they deal with it, the importance of culture and identity and their hopes for the future.




Videos




INTERGENERATIONAL TRAUMA ANIMATION

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




Videos

Working in a Culturally Safe Way



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.



Videos




INDIGENOUS HEALTH - COMMUNICATION AND CONNECTION

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




Audio



UNDERSTANDING SEWB RESOURCE SHEET

This resource sheet offers workers easy access to the best resources for understanding the Social and Emotional Wellbeing framework and how to apply it in their work



Websites



Click here to connect to WellMob for other resources www.wellmob.org.au

