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Understanding Social & Emotional Wellbeing

The term social and emotional wellbeing (SEWB) is a holistic concept used to describe a person's social, emotional, spiritual, and cultural wellbeing. It recognises the deep connection to and importance of land, water, culture, spirituality, family, and community. It also recognises that a person's social and emotional wellbeing can be impacted by social, historical, cultural, and political determinants.

Health professionals must understand the holistic concept of SEWB to help address the complex and interrelated determinants of health. This helps promote cultural safety and empowers Aboriginal and Torres Strait Islander clients/people to better control their health outcomes.

The WellMob website has many online resources to support your professional development and better understand the SEWB framework when working with First Nations peoples.



Documents

SOCIAL AND EMOTIONAL WELLBEING: A WELCOME GUIDE FOR THE ABORIGINAL WORKFORCE

This guidebook from the Kimberley region looks at social and emotional wellbeing and how to build it with clients and the community. It links to many resources for workers to support SEWB in service delivery.



Documents

WORKING TOGETHER: ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH AND WELLBEING PRINCIPLES AND PRACTICE

An edited book designed for health professionals working within a social and emotional wellbeing framework.



Audio

WEAVING INDIGENOUS WISDOM INTO WELLBEING

Professor Helen Milroy discusses the transformative power of Indigenous storytelling and the profound impact it can have on mental 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



SOCIAL AND EMOTIONAL WELLBEING FACTSHEET

A fact sheet outlining some of the principles, domains and determinants related to Aboriginal and Torres Strait Islander perspectives of Social and Emotional Wellbeing.



Documents




SEWB VIDEO

A video discussing the delivery and importance of trauma-informed care.




Videos



THE DANCE OF LIFE

A fact sheet explaining how the physical, mental and cultural parts of someone's life can come together to support their wellbeing.



Documents



USING SOCIAL AND EMOTIONAL WELLBEING WITH FIRST NATIONS PEOPLES

This webinar for workers features WellMob's Angela Sheridan, a Wiradjuri woman, talking about the SEWB framework and how it can be applied to First Nations patients or clients.



Videos




THE WHOLE ABORIGINAL AND TORRES STRAIT ISLANDER CHILD

This short video talks about how connection to Country, culture, spirituality, family, and community are all parts of a child's wellbeing.




Websites



WORKING ALONGSIDE ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN IN OUT-OF-HOME CARE THROUGH A CULTURALLY SAFE FRAMEWORK

This webinar explains the importance of utilising Indigenous ways of knowing, doing and being when working with children and families in child protection and out-of-home care.



Websites