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Updated with new resources Nov 2024 LGBTQIA+ Resources

WellMob has several online resources for people who identify as LGBTQIA+ or who are questioning their sexual identity. These resources provide information as well as stories of connection and hope.

Many people who identify as LGBTQIA+ may have experienced trauma. Also consider searching for resources from other sections of WellMob such as Mind, Body, Keeping Safe, Healing and Trauma.

General & Support



Social Media

BLACK RAINBOW AUSTRALIA

Social media-based support for Aboriginal and Torres Strait Islander people who identify as lesbian, gay, bisexual, transgender, queer or any other gender identity.



Audio

COMING OUT, BLAK

A series of podcasts supporting and celebrating First Nations mob in the LGBTQ+ community.



Websites

YARNS HEAL

This website is part of the Yarns Heal suicide prevention campaign. The videos feature stories from people with lived experience about how to better support each other when times are tough.



Documents

TALKING / YARNING WITH ABORIGINAL AND TORRES STRAIT ISLANDER LGBTQIA+ YOUNG PEOPLE ABOUT SEXUALITY AND GENDER

Two fact sheets provide information and ideas about how to talk about sexuality and gender with First Nations young people who identify as LGBTQIA+. One for individuals, and one for families.



Documents

HOW TO SHOW YOU'RE OK WITH THE LGBTQA

Eight suggestions on how people can show support for First Nations people who identify as LGBTQIA+.



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



Documents

SELF-CARE GUIDE FOR COPING WITH MEDIA AND NEWS

Ideas on how to look after yourself with media and news. It includes when to switch off, how to re-connect with yourself, coping with politics and connecting with others.



Documents

LGBTIQ+A INCLUSIVE LANGUAGE GUIDE

This mainstream booklet provides information to help people understand the diversity of LGBTIQ+A people and clarifies how to use inclusive language and show respect.



HIV



Documents

US MOB AND HIV

This website provides information about HIV, how to get tested, treatments, getting support, staying well and yarns from people with lived experience



Trans Resources



Videos

TRANSHUB

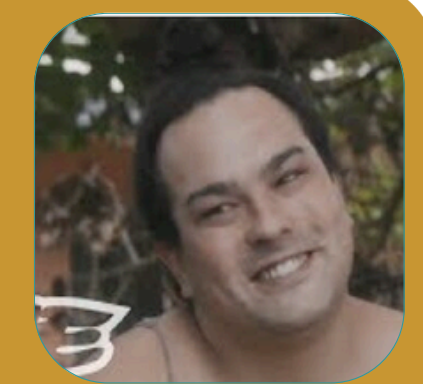
This mainstream website addresses an extensive range of questions on LGBTQIA and transgender matters. The language is accessible and conversational. It has a Trans Mob page. It hosts videos and stories and has links to many other resources.



Websites

SISTAGALS: AUSTRALIA'S INDIGENOUS GAY AND TRANS COMMUNITIES

A 31-minute film about the experiences of First Nations gay and transpeople in different communities, including the Tiwi and Melville Islands.



Websites

GENDER IDENTITY

The 'Gender Identity' subtopic tab on WellMob has a range of online wellbeing resources on gender identity



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

