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 Updated with new resources Dec 2024

# Resource Sheet Overview

Resource Sheets are short cuts to the best digital resources on the WellMob website for health and wellbeing workers to use with Aboriginal and Torres Strait Islander people. They provide links to resources on common wellbeing topics and workforce development content.

Resource sheets are updated annually. They include top resources on the following topics.

## Resource Sheets to Share with Clients or Communities

### ALCOHOL

Understanding alcohol and its effects, and pregnancy and alcohol.



### ANXIETY

Understanding anxiety, coping with anxiety and getting stronger.



### CULTURAL IDENTITY RESOURCES

For adults, young people, and children to strengthen connection to culture and identity.



### DEPRESSION

Information, encouragement and ideas to cope with or recover from depression.



### DRUGS

Education, prevention & workforce support on drugs and mental wellbeing.



### LGBTQIA+

Support for gay, queer and trans people, including links on support for HIV.



### PARENTING

Pregnancy, parenting and resources for mothers and fathers.



### RACISM

For community and health professionals to respond to racism.



### SLEEP

For community on how to get a better night's sleep.



### SMOKING

The effects of smoking tobacco, & ideas and support to quit.



### SUICIDE SUPPORT

For individuals, men, LGBTQIA+, and families and friends experiencing suicidality.



### VAPING

Interactive websites and other resources on vapes: health risks and how to quit.



## Resource Sheets for Worker Training & Support

### HOW TO BE A GOOD ALLY

Allyship, cultural humility & cultural safety, and understanding 'colonial load'.



### SELF-CARE FOR WORKERS

Racism, self-care, connecting to community, mindfulness and meditation.



### UNDERSTANDING SEWB

Enhancing understanding of the holistic model of wellbeing known as SEWB.



### UNDERSTANDING AND HEALING FROM TRAUMA

Content on the impact of trauma, and trauma-informed care.



### UNDERSTANDING THE IMPACT OF COLONISATION

Workforce development content on the ongoing impact of colonisation, and working in a culturally safe way.



### WORKPLACE WELLBEING

Enhancing wellbeing in the workplace.



## Tip Sheets for community

### TIPS FOR SELF-CARE AT WORK

Promotes self-care practices in the workplace based on the domains of social and emotional wellbeing (SEWB).



### HEALTHY SLEEP HABITS FOR ALL OUR MOB

11 tips for better sleep: things to do during the day, winding down and getting ready for bed.



### VOICE REFERENDUM TIPS

Provides practical tips for self-care during and post the Voice to Parliament Referendum.



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

