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Resource Sheet Overview

Short cuts to the best resources on the WellMob website for health & wellbeing workers

The WellMob team have developed resource sheets to make it easy for health and wellbeing workers to share digital resources with Aboriginal and Torres Strait Islander people.

These resource sheets have links to the best resources WellMob has on particular topics and includes videos, podcast, PDF's and websites.

Click on the below banners to access each 2-page Resource Sheet. They have been designed to use electronically, but can be printed and accessed via the QR code.




ALCOHOL RESOURCES

This resource sheet for workers highlights the top resources to use with clients about the impacts of alcohol. These resources cover the effects of alcohol, its impact when pregnant, and recovery from alcohol dependence.




ANXIETY RESOURCES

This resource sheet for workers highlights the best resources to use with clients on understanding and coping with anxiety.




CULTURAL IDENTITY RESOURCES

The three (3) resource sheets for workers offer easy access to the best resources on strengthening connection to culture and to help in discussing issues around cultural identity. There is one sheet with resources for adults, one for young people and another for children.




DEPRESSION RESOURCES

This resource sheet for workers showcases the best resources to use with clients on understanding and coping with depression and building resilience.




DRUGS AND SMOKING RESOURCES

This resource sheet for workers showcases the top resources for understanding and recovering from dependency on ice and other drugs, as well as cigarettes and vaping.





GENDER IDENTITY RESOURCES

This resource sheet showcases the best resources for clients who identify as gender diverse/ LGBTQIA+. Many of the resources are videos sharing people's stories around their identity, cultural connections and hope.



PARENTING RESOURCES

This resource sheet for workers highlights the top resources for healthy pregnancy, becoming a father, and parenting.



SLEEP RESOURCES

This resource sheet for workers showcases the best online tools to help with sleep for both adults and children.



SUICIDE PREVENTION RESOURCES

The two (2) resource sheets for workers highlight best practice resources for suicide prevention. There is one sheet for people experiencing suicidal ideation, and another for families and communities. There are additional resources for working with men and with people who identify as LGBTQIA+.



UNDERSTANDING AND HEALING FROM TRAUMA

This resource sheet offers workers quick and easy access to the best resources on understanding the impact of trauma on the brain, healing from trauma, and trauma-informed care.



UNDERSTANDING SOCIAL AND EMOTIONAL WELLBEING

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.



UNDERSTANDING THE IMPACT OF COLONISATION

This resource sheet for workers showcases high-quality resources to build further awareness of the impact of colonisation and the ongoing effects of intergenerational trauma and racism, and how service delivery needs to take this into account.



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

