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## Racism Resource Sheet

For many Aboriginal and Torres Strait Islander peoples, racism is an everyday reality. Many people experience racism in the street, their workplaces, and their schools, causing lasting harm. Discrimination and racism can cause severe health problems. Racism is associated with depression, anxiety, substance misuse, psychological distress and poor health status.

WellMob features many online resources that can support Aboriginal and Torres Strait Islander peoples who have been impacted by racism.

### Resources for community



Videos

#### RACISM RESILIENCE AND COMMUNITY SELF CARE RESOURCES

Five short videos providing tips on how Aboriginal and Torres Strait Islander people can look after themselves when confronted by racism and ways to manage their self-care.



Audio

#### HEALING OUR WAY

An episode where guests explore racism, truth-telling and how to look after yourself.



Videos

#### RACISM VIDEO

A video by Aboriginal and Torres Strait Islander young people sharing stories about dealing with racism.



Websites

#### CALL IT OUT: FIRST NATIONS RACISM REGISTER

A secure way for people to report incidents of racism and discrimination towards First Nations Peoples to help raise awareness and drive systematic change.



Websites

#### RACISM AND HOW TO LOOK AFTER YOURSELF

A webpage that explores what racism is, who racism affects, the impacts and how to look after your social and emotional 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**



Documents

### PAUSE. BREATHE. CONNECT.

A factsheet that aims to provide Aboriginal and Torres Strait Islander people with information and tips on coping with racism.



Websites

### WHAT TO DO IF YOU'RE DEALING WITH A RACIST TEACHER AT SCHOOL

A webpage for young people that looks at racism at school and what to do about it. Meissa Mason shares a story about systemic racism and offers some tips from her own experience of racism from a teacher.



## Resources for Health Professionals



Videos

### TACKLING RACISM AGAINST FIRST NATIONS PEOPLE

A webinar that explores the impact of racism on Aboriginal and Torres Strait Islander people and communities and how to end systemic discrimination.



Videos

### RACISM IN HEALTH: KEY THINKERS FORUM VIDEOS

A series of video presentations about Racism in Health.



Documents

### LET'S TALK RACE: A GUIDE ON HOW TO CONDUCT A CONVERSATION ABOUT RACISM

A guide to support the start of a conversation about racism in organisations.



Websites

### RACISM KEY TERMS

A webpage that provides a definition of a range of terms associated with racism to improve understanding and conversations.



Websites

### ENDING RACISM

A website with information on the experience and impact of racism.



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

