





## Work with Aboriginal clients and looking for PD?

### Sign up to a short course on using digital tools found on WellMob and help us test a new microlearning platform.

If you are a health professional looking to build practical skills in the use of culturally-based resources with Aboriginal and Torres Strait Islander clients, this microlearning course is for you.

#### What's involved?

-  8 short email-delivered lessons over 3 weeks
-  Multiple-choice scenarios with instant feedback
-  Links to culturally relevant, strength-based resources
-  Quick to do - easy to apply

#### Who is it for?

This is for health professionals only and **not for clients or community**.





It has been designed for GPs and allied health workforce, including psychologists, counsellors, social workers, AOD and youth workers, as well as educators.

Each lesson explores real-world scenarios through a holistic Social and Emotional Wellbeing (SEWB) lens, recognising cultural identity, community and kin as protective health factors for First Nations clients. You'll see how culturally safe online resources can help reduce stigma and shame, explain complex health issues, and address common wellbeing matters—all in a strength-based, empowering way.

Along the way, you'll discover the **WellMob website** resource collection, packed with practical, culturally relevant tools you can use directly with your clients.

Your participation will help us evaluate how effective microlearning is in building knowledge and confidence using digital SEWB tools with First Nations clients. This evaluation is subject to a Human Research Ethics approval by the AH&MRC (2466/25).

**Participation is voluntary** and to allow our evaluation, it involves:

-  Reading the Participant Information Statement and providing consent
-  Completing a short survey after you complete the course
-  Optionally joining a brief follow-up phone interview
-  Opting into receiving the results of the evaluation

#### Who is delivering the course?

The course has been designed by eMHprac's WellMob website team in collaboration with the Charles Perkins Centre at the University of Sydney.

## When will it start and end?

The microlearning course will commence shortly after you sign-up and consent online, facilitated through an invite-only URL link.

The 8 emails will be delivered over a 3-week period and link to a webpage for you to complete the learning activity. You can opt out anytime or just choose not to click on the links.

The course is set to finish by December 2025 followed by our evaluation in early 2026.

"This is your chance to learn, apply and help shape the future of culturally safe and digital practice - one short lesson at a time."

## Further information?

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