

Looking for culturally safe resources to use in your work with First Nations people?

[WellMob](#) is a digital library of over 350 mental health and wellbeing resources developed by and for First Nations Australians including websites, apps, videos, fact sheets, podcasts, pdfs, and social media.

What is the WellMob website & how to use it

The landing page hosts a [video to introduce the website](#) and shows [how best to search](#) for a specific resource.



Watch some [short testimonials from five practitioners](#) who use WellMob – suicide prevention worker, Aboriginal trainee obstetrician, Aboriginal health workers, psychologist and GP.



WellMob & Social and Emotional Wellbeing

WellMob takes a holistic strength-based approach around Indigenous wellbeing. The resources provide information, stories of lived experience, promote hope, and break down shame or stigma about mental health and wellbeing issues.

Navigating the WellMob website

WellMob is easy to navigate. The resources have been grouped under six broad topics: Mind, Body, Our Mob, Culture, Keeping Safe, and Healing. Each of these main topics link to several sub-topics. In three clicks it is possible to find culturally appropriate resources without having to search the web.

WellMob & professional development + self-care

There are over 80 [Training Resources](#) for health and wellbeing workers to strengthen cultural understanding and safety in practice. This may be especially useful for non-Indigenous staff.

These training resources have been organised under nine topic tiles for easier navigation.

Quick access to top digital resources

Our latest addition are the [Resource Sheets for Workforce](#) – short cuts to the best resources on WellMob on common wellbeing topics. These will be updated annually. Check out the new banner on the landing page. Click on it to take you directly to the resource sheets.



The WellMob website is continuously updated as new resources are identified.
[Sign up for the digital newsletter](#), connect to [WellMob Facebook](#) and stay up to date about the most recent resources.



Connect to WellMob

Social, and emotional cultural wellbeing
online resources for Aboriginal and Torres
Strait Islander people

