

Apps



Stay Strong (for tablets)

A strengths-based clinician-guided app for Aboriginal and Torres Strait Islander clients with wellbeing concerns, chronic disease, or substance misuse problems.
www.menzies.edu.au/page/Resources/Stay_Strong_iPad_App/



iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.
www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/



Kurdiji (Android only)

An app created by Waripiri Elders, designed to save young Aboriginal and Torres Strait Islander lives.
www.kurdijiapp.wordpress.com/



AODconnect

An app that provides a national directory of alcohol and other drug services for Aboriginal and Torres Strait Islander people.
www.adin.com.au/review/aodconnect



Deadly Tots

Provides an interactive Aboriginal and Torres Strait Islander infant and child health promotion tool.
deadlytots.com.au/Page/deadlytotsapp

Digital Social, Emotional and Cultural Wellbeing Resources

Online social, emotional and cultural wellbeing resources are programs, tools or applications delivered via online, mobile, or phone-based platforms. Digital resources can be used alone or in combination with face-to-face support.

There are a number of excellent digital tools designed by and for Aboriginal and/or Torres Strait Islander people of all ages who are struggling with maintaining a healthy mind, connecting to country and culture or who are having community of relationship challenges.

DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

eMHPrac is funded by the Australian Government



eMHprac

E-MENTAL HEALTH IN PRACTICE

A Brief Guide: Digital Social, Emotional and Cultural Wellbeing Resources for Aboriginal and/or Torres Strait Islanders

Indigenous Resource Hub



WellMob

Website for frontline health and wellbeing workers to access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites. <http://wellmob.org.au>

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources. headtohealth.gov.au

Phone Support



13YARN

Confidential, one-on-one yarning for mob who are feeling overwhelmed or having difficulty coping. www.13yarn.org.au/
13 92 76 (24/7)



Brother to Brother

Phone support for Aboriginal men for relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope. www.dardimunwurro.com/brother-to-brother/
1800 435 799 (24/7)



Yarning Safe'n Strong

National 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Health Services (VAHS). www.vahs.org.au/yarning-safenstrong/
1800 959 563



1800RESPECT

24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence. www.1800respect.org.au/
1800 737 732



Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs). kidshelpline.com.au
1800 55 1800 (24hrs)



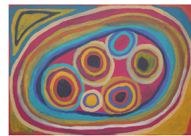
Suicide Call Back Service

National 24/7 telephone and online counselling for anyone affected by suicide. suicidecallbackservice.org.au
1300 659 467 (24hrs)



Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time. beyondblue.org.au/get-support/get-immediate-support
1800 224 636 (24hrs)



THIRRILI

Indigenous led and controlled suicide postvention service, providing emotional and practical support to families impacted by a loss from suicide or other fatal traumatic incidents. thirrili.com.au/
1800 805 801

Resources for Service Providers



HealthInfoNet

'Social and emotional wellbeing' 'Healing' Knowledge and information about Aboriginal and Torres Strait Islander health. healthinfonet.ecu.edu.au



Australian Indigenous AOD Knowledge Centre

Online practice guidance for Aboriginal and Torres Strait Islander AOD use. www.aodknowledgecentre.net.au/



The Royal Australian and New Zealand College of Psychiatrists

e-learning resources for Aboriginal and Torres Strait Islander mental health professionals. www.ranzcp.org/practice-education/indigenous-mental-health/aboriginal-torres-strait-islander-mental-health

Online Programs and Websites



MindSpot

'Indigenous wellbeing course'
Online social and emotional wellbeing program combining practical skills and stories. Also offered as a workbook. Includes optional clinician support. mindspot.org.au/indigenous-wellbeing-course



Dreamy Sleep

Sleep stories from First Nations story tellers. www.dreamysleep.com.au/



headspace Yarn Safe

Provides online mental health education information for Aboriginal and Torres Strait Islander youth (12-25yrs). Features video stories, factsheets and campaign resources. headspace.org.au/yarn-safe/



Hitnet Community Hub

An online kiosk delivering culturally appropriate health and social information to Australia's hardest-to-reach communities. kiosk.hitnet.com.au/public/



iTalk Studios

A range of animated videos exploring education, health, law and money. The videos are in English and many dialects of Aboriginal language. www.italkstudios.com.au/



Positive Choices

Provides online resources, sharing stories and health promotion of the effects of drugs. Designed in collaboration with Aboriginal and Torres Strait Islander communities. positivechoices.org.au/Indigenous



Proppa Deadly

A compilation of audio stories of Aboriginal and Torres Strait Islander men and women sharing their experience of anxiety and depression. bimaprojects.org.au/our-work/proppa-deadly/