

## ABORIGINAL AND TORRES STRAIT ISLANDERS

### **Yorgum - WA**

**08 9218 9477**

**1800 469 371**

**[www.yorgum.org.au](http://www.yorgum.org.au)**

**[reception@yorgum.org.au](mailto:reception@yorgum.org.au)**

Provides healing, support, counselling and therapeutic response to Aboriginal and Torres Strait children, young people and their families affected by child sexual abuse, people who have experienced childhood sexual abuse and/or young people who are responsible for, or at risk of, sexually abusing children.

### **MacKillop Family Services Ltd - WA**

**08 6477 1025**

**[www.mackillop.org.au](http://www.mackillop.org.au)**

Provides healing, support, counselling and therapeutic responses to Indigenous children and young people and their families affected by child sexual abuse, people who have experienced child sexual abuse, and children and/or young people who are responsible for, or at risk of sexually abusing other children.

### **Strong Spirit Strong Mind**

**<https://strongspiritstrongmind.com.au/mental-health/>**

Support to improve social and emotional wellbeing.

### **iBobbly**

**<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>**

Wellbeing self-help app for young Aboriginal and Torres Strait Islanders aged 15 years and over.



### **My Mob**

Source: 30 Aboriginal apps you probably didn't know about - Creative Spirits, retrieved from: <https://www.creativespirits.info/resources/apps>

My Mob encourages positive communication to help you build a stronger family. You can share private messages (via a virtual fridge), calendars and other information with your mob. The app offers message boards, a kids zone, family diary and resources for all kinds of situations. You can set up profiles for each member of your family and have more than one mob at a time – great for grandparents and blended families.

### **Social and Emotional Wellbeing and Mental Health Services in Aboriginal Australia**

<http://www.sewbmh.org.au/>

An initiative of the Australian Psychological Society designed for those seeking to learn about ways of meeting the social and emotional needs of Aboriginal and Torres Strait Islander people and communities.

### **The Healing Portal**

<https://healingfoundation.org.au/healing-portal/>

The Healing Foundation is a national Aboriginal and Torres Strait Islander organisation that partners with communities to address the ongoing trauma caused by actions like the forced removal of children from their families.

### **Australian Indigenous Health InfoNet**

<https://healthinonet.ecu.edu.au/learn/health-topics/social-and-emotional-wellbeing/resources>

A world-first hub for Indigenous healing resources bringing together information about what is working in Aboriginal and Torres Strait Islander healing and provides culturally appropriate information and the latest research on topics including:

- trauma
- traditional healing
- Stolen Generations
- children and young people
- education, training and employment



### **Proppa Deadly**

**<https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-thal/>**

A project encouraging Aboriginal people to take action against depression and anxiety through the telling of their own stories across the First Nations community radio sector.

Source: Mental health and Aboriginal people - Creative Spirits, retrieved from [https://www.creativespirits.info/aboriginalculture/health/mental-health-and-aboriginal-people#Support\\_services](https://www.creativespirits.info/aboriginalculture/health/mental-health-and-aboriginal-people#Support_services)

### **AIPA – The Australian Indigenous Psychologists Association**

**<http://www.indigenouspsychology.com.au/our-members>**

AIPA currently has 44 members (psychologists registered or provisionally registered with AHPRA). Our members work in universities, mental health services, non-government organisations, Aboriginal Community Controlled Health Services and private practice. All states and territories are represented. All are active members of the Indigenous communities in which they live.

### **Wungen Kartup Specialist Aboriginal Mental Health Service - WA**

**<https://emhs.health.wa.gov.au/Hospitals-and-Services/Mental-Health/SAMHS>**

The Wungen Kartup Specialist Aboriginal Mental Health Service supports both Aboriginal consumers and carers in accessing mainstream mental health services, and in better meeting the needs of Aboriginal people. It is a State-wide service.

### **R U OK? Stronger Together**

**<https://www.ruok.org.au/strongertogether>**

The 'Stronger Together' campaign was developed after Aboriginal and Torres Strait Islander people from urban, regional and remote communities across the country repeatedly asked R U OK? if there could be work done to create a culturally appropriate R U OK? campaign. An advisory group of Aboriginal and Torres Strait Islander leaders and influencers was formed to develop this.