

# Social and Emotional Wellbeing Cultural safety in mental healthcare





**Dabakan Kooliny, Valerie Ah Chee**

When the The Kids Research Institute Australia's Embrace and Healing Kids, Healing Families research group began the Cultural Safety Project, Noongar artist Valerie Ah Chee was commissioned to create a visual representation of what the project hopes to achieve.

That same hope is a key theme of Dabakan Kooliny ('Go slowly' / 'Walk slowly'), after the artwork was unveiled to support the project's plans for 2024.

A central layer features a sturdy and nurturing tree providing safety and connection for children sitting among its branches. These children are supported by layers of family, community, and culture, which work as safety nets as they embark on their holistic journey towards social and emotional wellbeing.

The two-year project aims to identify the requirements of cultural safety for Aboriginal and Torres Strait Islander young people and their families, with the expectation that its findings will transform the existing mental health system for Aboriginal and Torres Strait Islander youth and reduce the mental health burden placed on this group.

This booklet includes some ways of looking after your social and emotional wellbeing (SEWB). Also included are details of support services across WA.

## Ways of connecting

### Mind and emotions

Connect to your mind and emotions through artwork, painting, meditation or simply listening to music that resonates with you.

### Body

Listen to what your body tells you. You might need a good rest, a relaxing walk, or even to shake a leg.

### Community

Connect with community through local events and activities such as sports or visiting local landmarks.

### Spirituality and ancestors

Connect back to your roots by learning more about your identity, going bush, acknowledging your ancestors and connections, or visiting your mob.

### Country

Take some time to connect to Country. This could mean going bush, getting your feet in the dirt, or sitting in nature (interwoven with tips from spirit and ancestors).

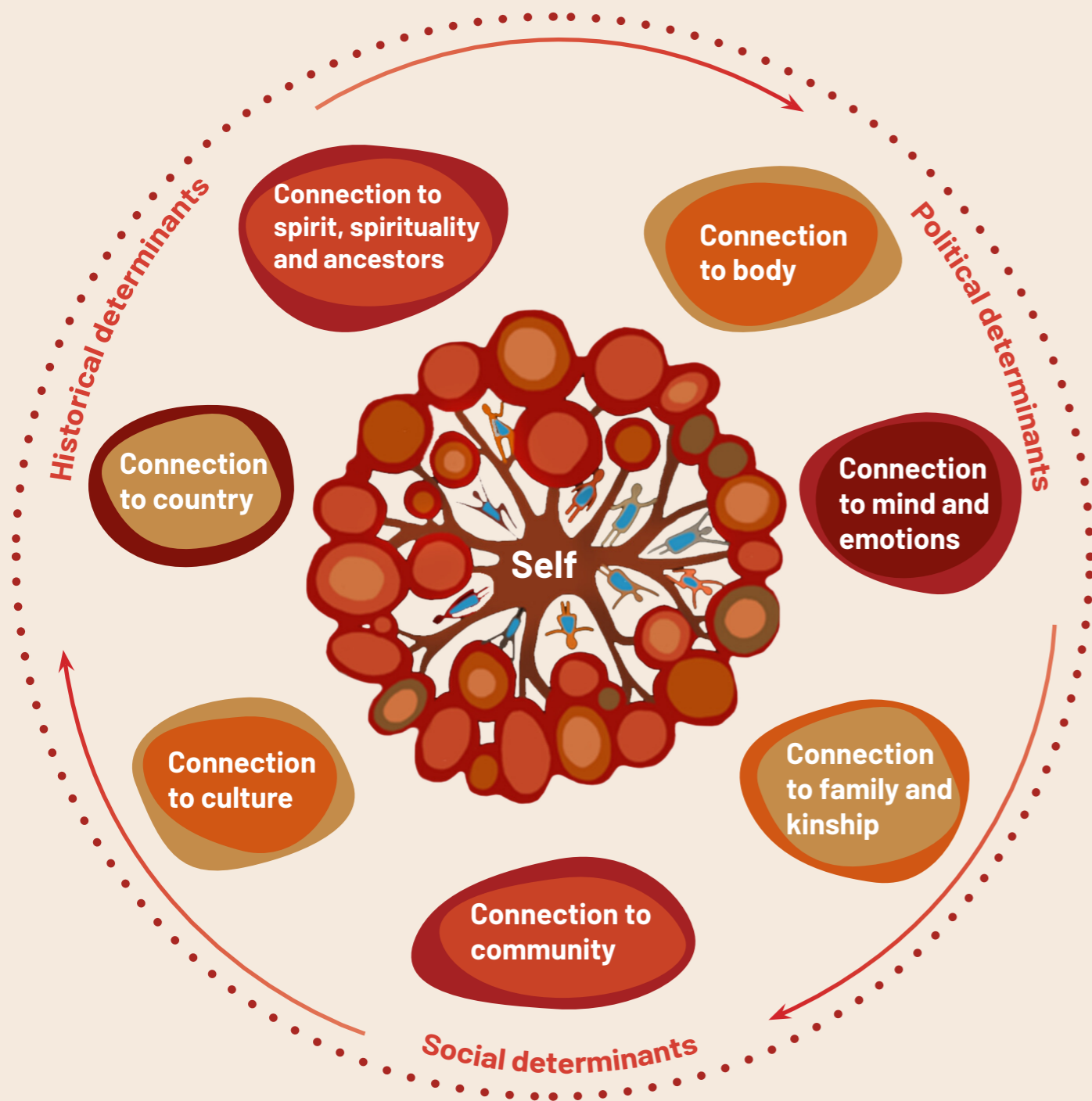
### Culture

Stay connected with family, learn about your family ties and history, have a yarn, or check in with an Elder. Seek wisdom and knowledge.

### Family, kinship

Go and see your mob, learn language, go to NAIDOC events, or learn about what is happening in your area.

## Aboriginal Social and Emotional Wellbeing



Source: The National Strategic Framework for Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Wellbeing 2017-2023

## Connecting to your SEWB

Social and emotional wellbeing is about taking an holistic approach to health, where your wellbeing is embedded within family, community and culture. In this way, your mental health can be understood by knowing your environment can influence or affect you and vice versa.

Social and emotional wellbeing focuses on the connectedness of all parts of our social contexts and individual emotional state that shape our overall wellbeing as a person. For an Aboriginal person, this includes understanding how connection to culture, family, community and land can shape or influence the mind, body and spirit.

People may experience healthy connections and a sense of resilience in some areas of their lives, while having trouble or the need for healing in other areas. Many Aboriginal and Torres Strait Islander peoples and families experience hardship and difficulties because of the many ways past government policies disrupted mob's strong connections to community, land and culture. But focusing on these different "Ways of Connecting" can help heal and keep you strong and healthy.





## Support services

### Aboriginal and Torres Strait Islander specific services

#### Yorgum Healing Services

Yorgum provides trauma-informed and culturally appropriate community-based healing, counselling, therapy and support to Aboriginal children, young people, and adults to recover from harmful impacts of child sexual abuse and/or family domestic violence.

PH: 1800 469 371  
Address: 176 Wittenoom Street,  
East Perth WA 6004

#### Wungening Aboriginal Corporation

Wungening provides culturally secure, confidential, and free-of-charge services including Alcohol and Other Drug support, family support programs, and support for at-risk youth.

PH: (08) 9221 1411  
Address: 211 Royal Street,  
East Perth WA 6004

### Youth Mental Health Services

#### Headspace

Headspace clinics provide counselling for youth aged 12-25 years. Find a centre or chat with a clinician on their website: [headspace.org.au](http://headspace.org.au)

#### Youth Focus

Youth Focus provides services from metropolitan and regional offices across WA. PH: (08) 6266 4333  
Access resources on their website: [youthfocus.com.au](http://youthfocus.com.au)

## Perth Metropolitan Counselling Services

#### Derbal Yerrigan Health Services

Derbal offers a confidential and professional service that supports people to work through their challenges. Derbal also provides referrals to other counselling services.

PH: 1300 420 272  
Clinics: East Perth, Maddington, Mirrabooka and Midland

#### Active Response Bereavement Outreach (ARBOR)

Suicide is not a singular tragedy, it has multiple consequences. ARBOR is here to soothe and support people going through bereavement, and help manage any issues that arise in life.

PH: 1300 555 788  
Address: Level 2, 23 Adelaide Terrace,  
East Perth WA 6004  
Email: [arbor@anglicarewa.org.au](mailto:arbor@anglicarewa.org.au)

### Community and Family Mental Health Services

#### Richmond Wellbeing

MH Connex: Free community service for people aged 18+ who have a mental health treatment plan.

Moorditj Djerpin Wirrin: A dedicated service for Aboriginal and Torres Strait Islander people experiencing mental health and/or alcohol or other drug issues. For information, visit [raw.org.au](http://raw.org.au)

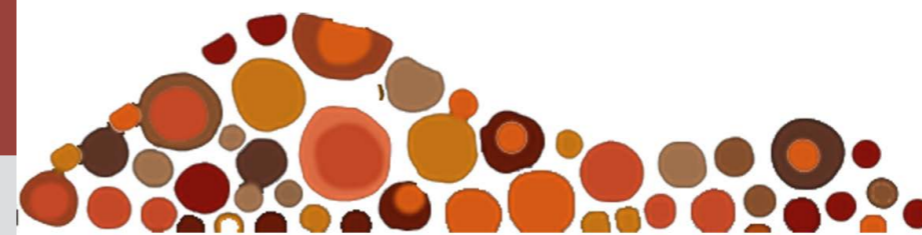
#### Women's Health and Family Services

Children's counselling, women's services and counselling, alcohol and other drug counselling and support groups. PH: (08) 6330 5400  
Address: 227 Newcastle Street, Northbridge WA 6003

#### Drug and Alcohol Youth Service (DAYS)

Free and confidential service.

PH: (08) 9222 6300



# Crisis support services



<b>The Mental Health Emergency Response Line (MHERL) - Suicide Call Back Service</b>	<b>1300 555 788</b>
<b>Lifeline</b>	<b>13 11 14</b>
<b>Kids Helpline</b>	<b>1800 551 800</b>
<b>Crisis Care</b>	<b>1800 199 008</b>
<b>13 Yarn</b>	<b>13 92 76</b>
<b>Brother to Brother 24 Hour Crisis Line</b>	<b>1800 435 799</b>
<b>CAMHS Crisis Connect 24/7</b>	<b>1800 048 636</b>

