

Looking after yourself - social and emotional wellbeing.

Summary:

This resource lists some signs that you might be struggling, ways you can start feeling better, and where you can go for support.

Our own health is strongly linked to our connection with land, family, ancestry, spirituality, community and culture.^{1,2} This is called our social and emotional wellbeing.

Some people might drink more grog or use drugs to cope with stress or tough times. This can harm their wellbeing. While using grog or drugs might feel like it helps in the short term, it doesn't deal with what's really going on.³

Signs you might not be coping

- using grog or drugs lots
- gambling or gaming lots
- sleeping through the day
- finding it hard to sleep
- eating too much or not enough
- avoiding family and friends
- fighting with family and friends
- feeling angry or annoyed
- feeling sad or upset
- not speaking much
- not listening to others
- no longer doing the things you enjoy
- hurting yourself.^{2,3}

How can I feel better?

- **Connect** - hang out with family and friends who make you feel good or join a women or men's group
- **Exercise** - run, walk, ride, box, dance
- **Go on Country or get outdoors** - fish, camp, hunt
- **Get creative** - make music, draw, paint
- **Learn something new** - how to play an instrument, sign up for an online course, practice culture or learn about country
- **Listen to podcasts** - a quick Google of what you're interested in will give you some popular options
- **Listen to music** - playlist the songs, artists and albums which get you through
- **Distract yourself** - have a warm bath, read a book, kick the footy
- **Help out** - get involved in community, spend time with Elders, volunteer at your local sports club or community centre
- **Have a yarn** - with a friend, your family or someone you care about, or speak with a counsellor.^{2,3}



Where to get support

National Alcohol and Other Drug Hotline (24/7): 1800 250 015

You can speak with a counsellor over the phone, get information on drugs and links to support services. They speak to family and friends too.

13 Yarn (24/7): 13 92 76

If you need some crisis support, you can get free assistance from this Aboriginal and Torres Strait Islander crisis support line.

Brother to Brother (24/7): 1800 435 799

Free 24-hour crisis line to support Aboriginal men experiencing issues relating to relationships, family violence, drugs and alcohol.

Yarning Safe and Strong (24/7): 1800 959 563

A service for Aboriginal and Torres Strait Islander peoples. You can get free counselling over the phone. They can also support friends and families who need to have a yarn with someone about their wellbeing.

Victorian Aboriginal Health Service (VAHS): 03 9419 3000

Provides a wide range of in-person health services for Aboriginal and Torres Strait Islander peoples in Victoria. You can find similar services in different locations across Australia using HealthInfoNet's resource: [Map of Aboriginal and Torres Strait Islander health/medical services](#).

References

1. Cracks in the Ice. Concept of Social and Emotional Wellbeing for Health Workers: Cracks in the Ice; 2023 [15.05.2023]. Available from: <https://cracksintheice.org.au/aboriginal-and-torres-strait-islander-peoples/concept-of-social-and-emotional-wellbeing-for-health-workers>.
2. Strong Spirit Strong Mind. What is Social and Emotional Wellbeing? : Government of Western Australia Mental Health Commission [15.05.2023]. Available from: <https://strongspiritstrongmind.com.au/mental-health/>.
3. headspace. Got a lot going on? headspace National Youth Mental Health Foundation; 2023 [15.05.2023]. Available from: <https://headspace.org.au/yarn-safe/alcohol-and-drugs/>.

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