

First Nations Mental Health and Wellbeing



Social and emotional wellbeing (**SEWB**) means the social, emotional, spiritual and cultural **wellbeing** of a person.



If you have **good connection** to Country, culture, spirituality, family and community you may have better SEWB.



Healthy food, physical activity, and **health services** that are right for your culture all help your SEWB.



Sometimes **the past** can affect your SEWB.



If your SEWB is bad, **ask someone you trust** for help or go to a doctor, Elder or Indigenous Health Worker.



13YARN is a national crisis support line. You can call them on 13 92 76 or email enquiries@13yarn.org.au any time.



If you use Auslan you can contact 13YARN using **NRS Video Relay Service** www.accesshub.gov.au/services/video-relay



Visit our website qld.gov.au/deafness-mental-health



Text or call us on **0427 598 076**



Email us at deafness_mhs@health.qld.gov.au



Watch the **Be Strong** video in Auslan on our website or YouTube

If you need help, email or text us. You can also ask your doctor, family or carer to call us.



Queensland
Government