



Media Release – Holistic web resource supports Aboriginal and Torres Strait Islander mental health workforce

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The Australian Indigenous HealthInfoNet's existing social and emotional wellbeing (SEWB) portal has been expanded to encompass information that is based on the holistic meaning of social and emotional wellbeing for Aboriginal and Torres Strait Islander people. This new content is based on substantial evidence around models of SEWB which will provide a strengthened coverage of updated resources for both policy makers and health practitioners.

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

New subtopics on the already comprehensive portal will include *Staying strong; Country, culture and spirituality and Family, kinship and community*. Each of these subtopics will provide high quality information for the health sector workforce about relevant publications, resources and programs. The existing subtopics have been changed to fit within these models. The free to access portal will continue to be regularly updated.

HealthInfoNet Director, Professor Neil Drew says of the expanded portal "The importance of social and emotional wellbeing to the health of Aboriginal and Torres Strait Islander people should not be underestimated. It includes the social, emotional, spiritual and cultural wellbeing and connection to country, family and community which all impact on wellbeing. This new evidenced based information will be of great use to those in the sector and will provide them with an expanded suite of resources to support them in their work".

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About the Australian Indigenous HealthInfoNet: A comprehensive web resource <https://healthinfonet.ecu.edu.au> that helps to close the gap by informing practice and policy in Aboriginal and Torres Strait Islander health by making up-to-date research and other knowledge readily accessible. For over 23 years, working in the area of knowledge exchange with a population health focus, the HealthInfoNet makes research and other information freely available in a form that has immediate, practical utility for practitioners and policy-makers, enabling them to make decisions based on the best available evidence.