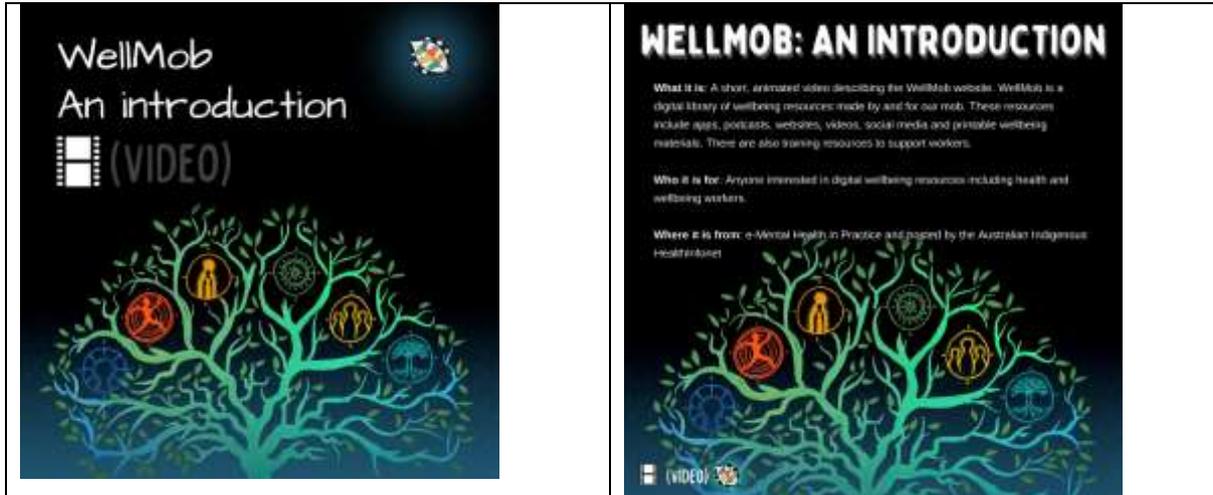


VIDEO 1.

Headline: Wellmob: an introduction



Sub-heading: A website to keep our First Nations mob feeling *deadly!*

Text: *Introducing WellMob: an online library of wellbeing resources for our Aboriginal & Torres Strait islander people. See how resources like videos and apps can support Indigenous mental health and wellbeing.*

Landing page link:

https://wellmob.org.au/e-health-topics/training-resources/44161/?title=WellMob%3A+An+introduction&contentid=44161_1

Follow us on Facebook:

<https://www.facebook.com/WellMob-100608675024719>

Subscribe to our e-bulletin:

<https://wellmob.us1.list-manage.com/subscribe?u=b024f0b6f5e9ccf6123db321a&id=edb676cbd3>

FURTHER INFORMATION:

What it is: A short, animated video describing the WellMob website. WellMob is a digital library of wellbeing resources made by and for our mob. These resources include apps, podcasts, websites, videos, social media and printable wellbeing materials. There are also training resources to support workers.

Who it is for: Anyone interested in digital wellbeing resources including health and wellbeing workers.

Where it is from: e-Mental Health in Practice and hosted by the Australian Indigenous HealthInfonet

VIDEO 2.

Heading: WellMob: Website tour



Sub-heading: How to use a website for our First Nations peoples wellbeing

Text: *Want to quickly find online wellbeing resources for our Aboriginal & Torres Strait islander people? Check out our virtual website tour.*

Landing page link:

https://wellmob.org.au/e-health-topics/training-resources/44162/?title=WellMob%3A+Website+tour&contentid=44162_1

Follow us on Facebook:

<https://www.facebook.com/WellMob-100608675024719>

Subscribe to our e-bulletin:

<https://wellmob.us1.list-manage.com/subscribe?u=b024f0b6f5e9ccf6123db321a&id=edb676cbd3>

FURTHER INFORMATION:

What it is: This short, animated video shows you how to use the WellMob website. Starting on the landing page, it shows the six main topics and steps through how to find digital wellbeing resources.

Who it is for: Anyone interested in digital wellbeing resources including health and wellbeing workers.

Where it is from: e-Mental Health in Practice and hosted by the Australian Indigenous HealthInfonet

VIDEO 3

Heading: WellMob: Tips for workers



Sub-heading: How to use online mental health and wellbeing tools with your First Nations clients

Text: *WellMob has online wellbeing resources ready for you to share. Here's a few quick tips how to use them in your work with our Aboriginal & Torres Strait islander people*

Landing page link:

https://wellmob.org.au/e-health-topics/training-resources/44163/?title=WellMob%3A+Tips+for+workers&contentid=44163_1

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Subscribe to our e-bulletin:

<https://wellmob.us1.list-manage.com/subscribe?u=b024f0b6f5e9ccf6123db321a&id=edb676cbd3>

FURTHER INFORMATION:

What it is: A short, animated video with tips for health workers on how to use digital wellbeing resources found on WellMob.

Who it is for: Health practitioners and community workers interested in using digital wellbeing resources with clients

Where it is from: e-Mental Health in Practice and hosted by the Australian Indigenous HealthInfonet