

## Welfare Check [PD Tool - Track 2B] PDF

You may have found some of the material you've seen so far upsetting. If so, please speak to your line manager/supervisor, or to the support services in your organisation.

**If you or anyone else needs support after seeing this material, please reach out.**

You do not have to finish the session if you do not want to. You can leave now, or you can take some time out, and come back again when you are ready.

If you are feeling ok, then please progress to the next section.

### Additional Services

#### **13 YARN (13 92 76)**

A crisis support line run by Aboriginal People, for Aboriginal People. 13 YARN is a free and confidential service that has Aboriginal and Torres Strait Islander crisis support workers available to provide support 24/7.

#### **Lifeline (13 11 14)**

Provides all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services, so no person in Australia has to face their darkest moments alone.

#### **Beyond Blue (1300 224 636)**

One of Australia's most well-known, trusted, and visited mental health organisations, it provides a helping hand wherever you are on your mental health journey.

#### **Healing Foundation [healingfoundation.org.au](https://healingfoundation.org.au)**

A national Aboriginal and Torres Strait Islander organisation that partners with communities to address the ongoing trauma caused by actions like the forced removal of children from their families. The Foundation's webpage contains many resources to assist healing.

#### **Yorgum Healing Services [yorgum.org.au](https://yorgum.org.au)**

Yorgum provides culturally secure, community-based healing services that utilise a trauma-informed approach to support Aboriginal and Torres Strait Islander children, young people, and adults.

#### **Kimberley Stolen Generation Aboriginal Corporation [kimberleystolengeneration.com.au](https://kimberleystolengeneration.com.au)**

The KSGAC advocates and assists the many Kimberley Aboriginal people adversely affected by past Government policies involving the forced removal of Indigenous children from their families.

#### **Kids Helpline (1800 55 1800) [kidshelpline.com.au](https://kidshelpline.com.au)**

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

#### **headspace [headspace.org.au](https://headspace.org.au)**

Headspace centres across Australia provide face-to-face information, support and services to young people, aged 12 to 25 years, and their families and friends.