



EQUALLYWELL 2022 Symposium

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Australian Government
Department of Health



**Queensland
Mental Health
Commission**



GUARDIAN
exercise rehabilitation



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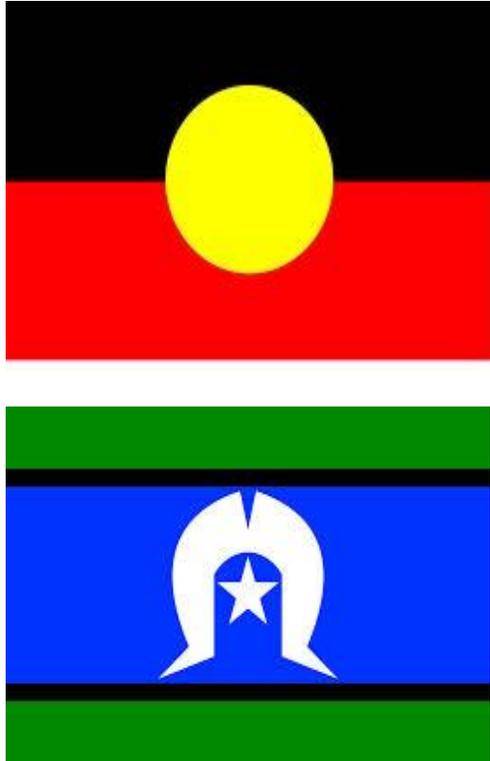
#EquallyWellAu22



WellMob: Social and Emotional Wellbeing Online Resources for Indigenous Communities

Heidi Sturk
Director, eMHPrac
Queensland University of Technology

Sharnie Roberts
Training Development Officer
University Centre for Rural Health, University of Sydney



We acknowledge the traditional owners of the lands on which we meet, and pay respect to their elders, past, present and emerging, and to their traditions, customs and knowledge.

E-Mental Health in Practice



Funded by the Australian Dept of Health

- Provide training and support on evidence-based digital mental health to health practitioners nationwide
- Track uptake to Australian digital mental health services
- Advise the government on digital mental health policy
- Developed WellMob website



Digital Mental Health/e-Mental Health

- Information sites
- Web-based programs
 - Self-guided
 - Practitioner support
- Apps
- Moderated chat forums
- Phone and online crisis chat services



Evidence for Digital Mental Health

- Considerable research shows that online interventions can be as effective as face-to-face treatment, particularly if there is additional practitioner support
- Effects can be strong, well-maintained
- Evidence suggests that the therapeutic relationship can be maintained
- Increases the impact of face-to-face treatment
- Introduction to psychological treatment and support



<https://www.emhprac.org.au/evidence/>

How To Use Digital Options

- Information
- Self-monitoring
- Obtaining support from others
- Prevention
- Early intervention
- Treatment
- Waiting for f2f support, between sessions, post therapy

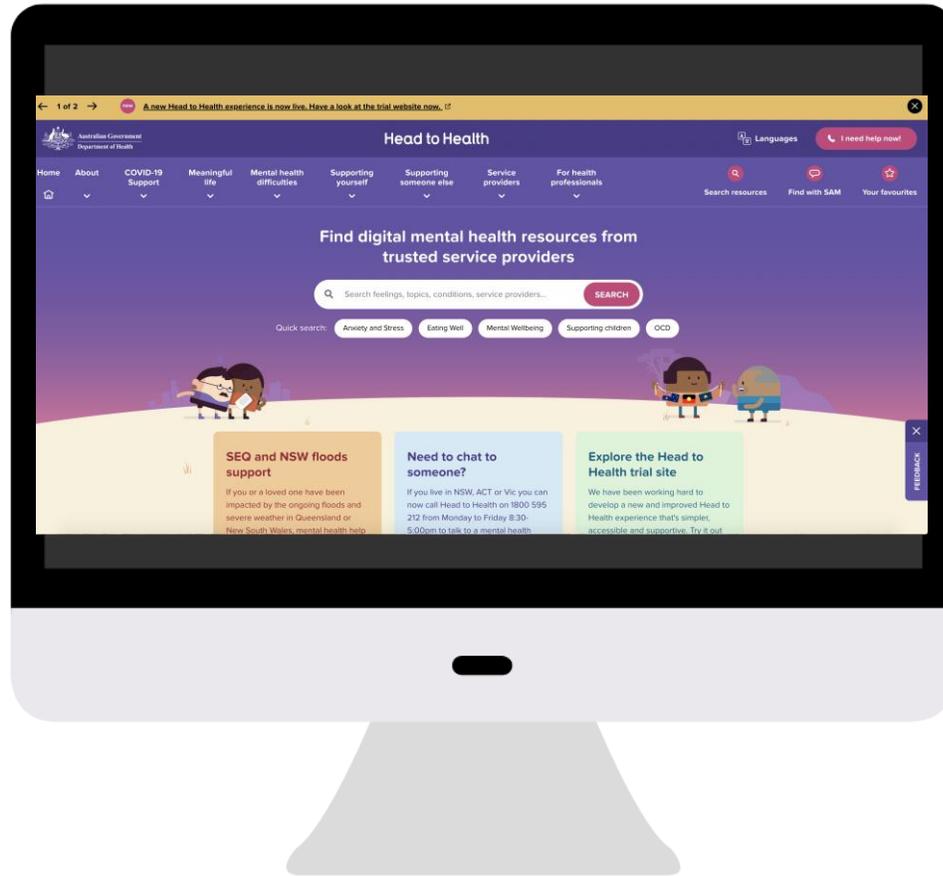


Finding Relevant Resources

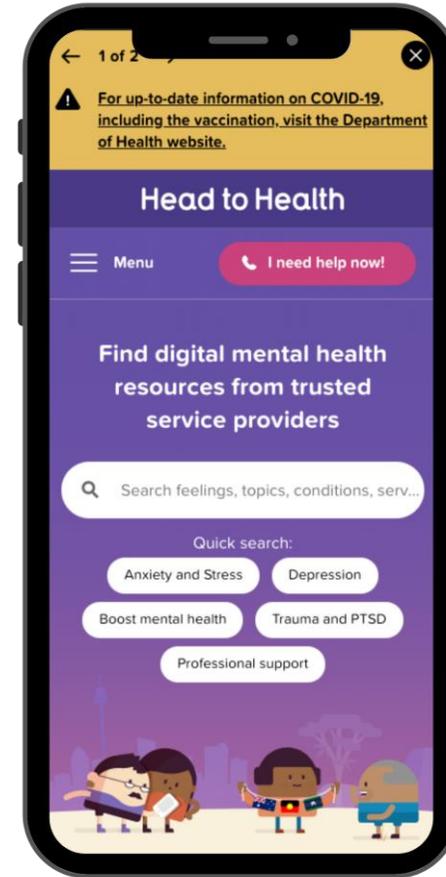
- Overwhelming, new resources all the time
- Huge range of digital tools
- Not all are secure and safe
- Where to find the evidence-based services and resources



Head to Health – headtohealth.gov.au



Desktop Computer



Phone

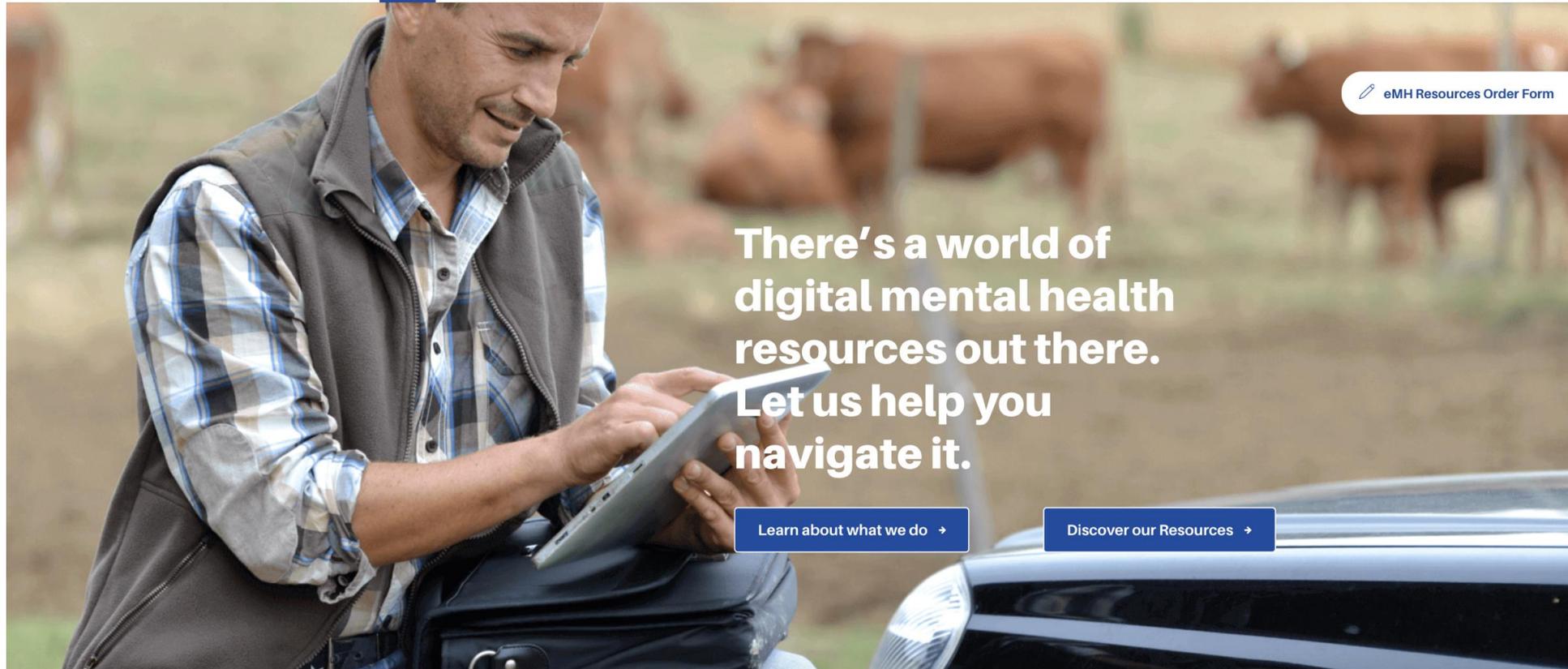
eMHPrac Website – emhprac.org.au

See our COVID-19 e-Mental Health Factsheet. [Click here.](#)



[Home](#) [eMH Directory](#) [Resource Library](#) [Events & Training](#) [News](#) [Research Evidence](#)

[Q](#) [About](#) ▾



Fact Sheets in Resource Library

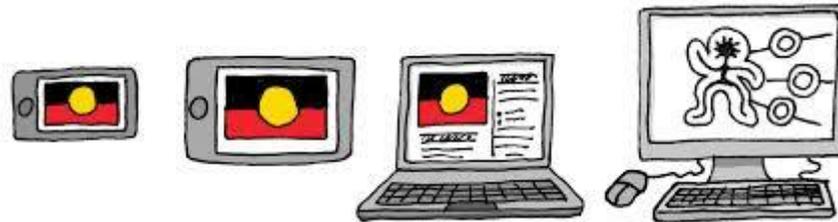
- Physical Health Issues and Disability
- Anxiety
- Depression
- Eating Disorders
- Grief and Loss
- Managing Stress
- Sleep Problems
- Thoughts about Suicide and/or Self Harm
- Trauma
- Youth
- Parents
- Managing Your Mental Health Online During COVID
- How to Use Digital Mental Health
- Online Mental Health Resources After a Natural Disaster

The screenshot displays the eMHprac website interface. At the top, there are logos for eMHprac (E-MENTAL HEALTH IN PRACTICE), QUT (Queensland University of Technology), Black Dog Institute, and Menzies. Below the navigation bar, the main heading is "DIGITAL MENTAL HEALTH FOR PHYSICAL HEALTH ISSUES AND DISABILITY". The content is organized into several sections:

- Digital Mental Health Gateway**: Includes "Head to Health" (a website linking to online mental health services) and "Phone and Online Counselling" (listing services like Cancer Counselling Service, Help With Dementia, CanTeen, and 1800RESPECT).
- Moderated Forums**: Lists "SANE AUSTRALIA" and "CanTeen Connect (young people)".
- Apps**: Features "Sunny App" from 1800RESPECT.
- Disability Gateway**: Provides information and services for people with disabilities.

At the bottom of the page, the website URL www.emhprac.org.au and the email address emhprac@qut.edu.au are displayed.

WellMob Website



WellMob

- Why develop WellMob? – the backstory & key learnings
- Website demonstration - wellmob.org.au
- Showcase some deadly online wellbeing resources
- Using WellMob/ online wellbeing tools in your work



What is the WellMob website?



What are online wellbeing resources



Apps



Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

Websites/ portals



Online programs

Video clips



Social media



Podcasts/ webinars



iBobbly

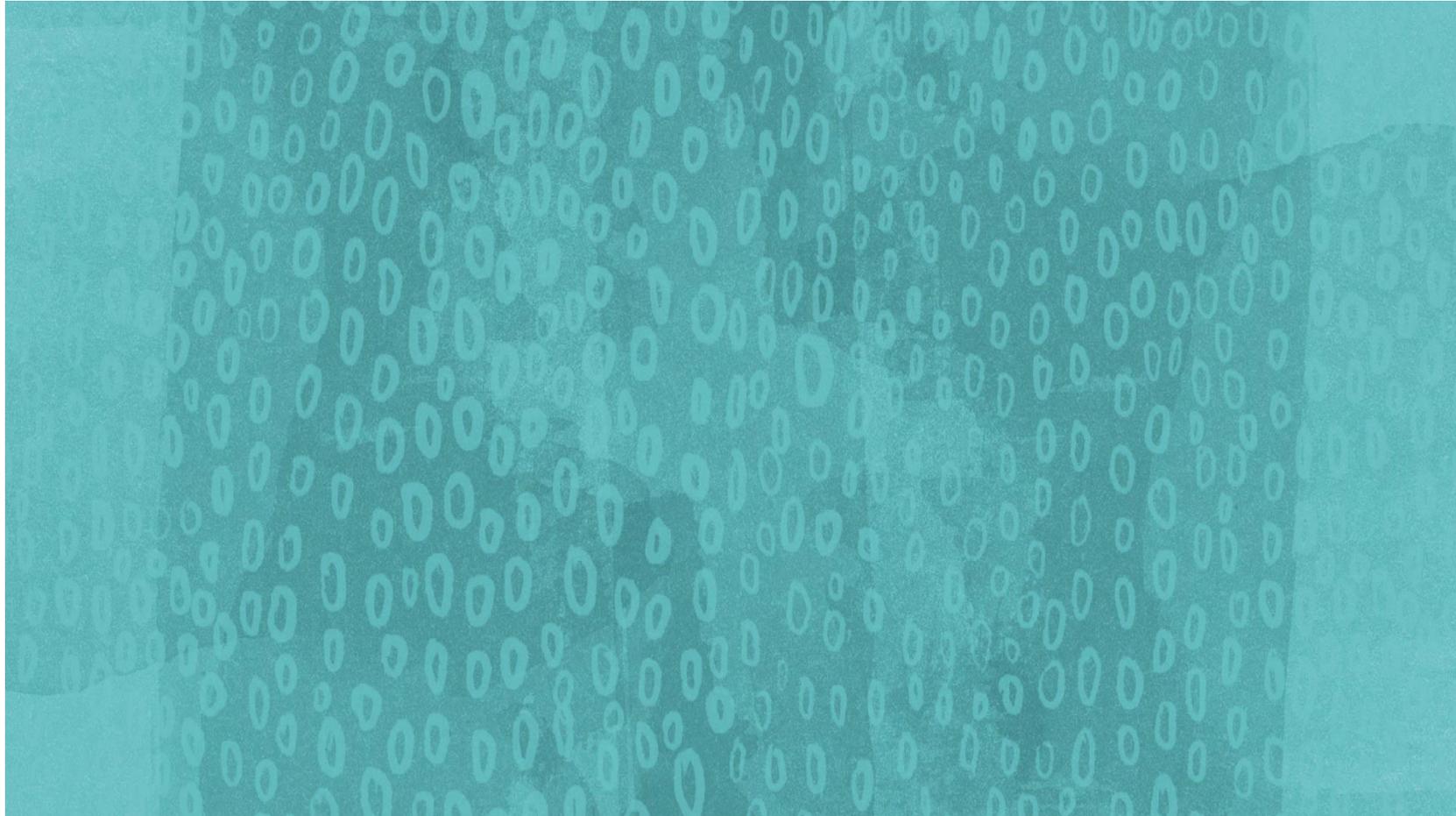
An app for mob by mob
Helping keep our spirit and mind strong

Why develop WellMob?

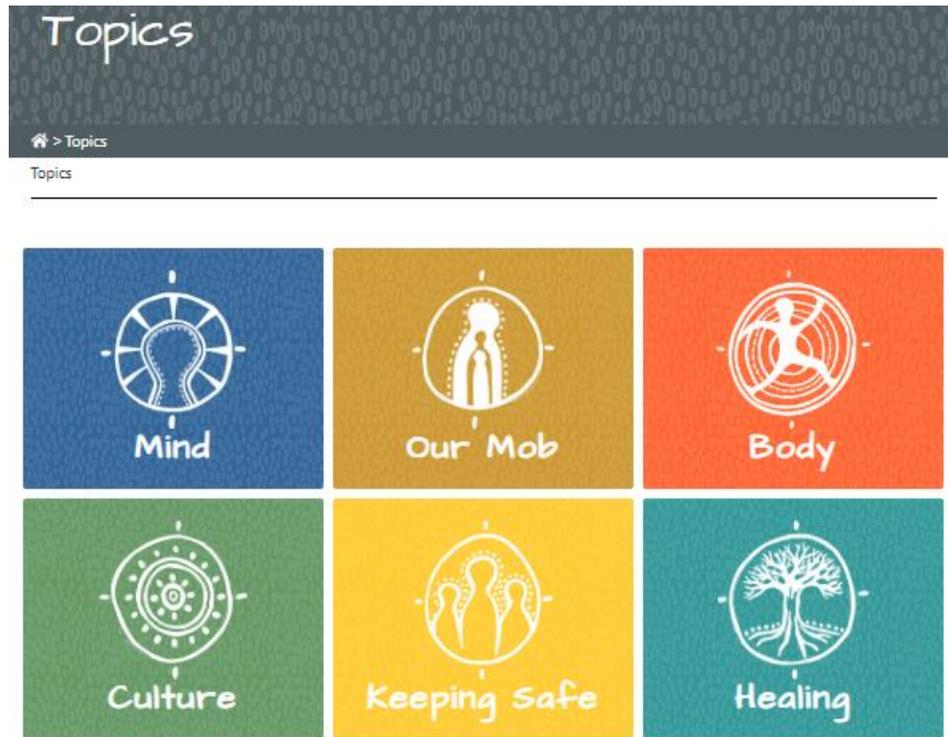
- **For workers & mob:** a SEWB website, more than just mental health
- **Easy to find:** a one-stop shop of online wellbeing resources
- **Culturally responsive:** focus on strengths/culturally-based resources
- **Holistic health:** based on an Indigenous SEWB framework

WellMob website demonstration

www.wellmob.org.au



How can I use WellMob?



1. Share d-SEWB resources:

- counselling/ supporting your clients
- health promotion in community

2. Support our workforces:

- self care
- professional development
- cultural awareness

Client scenario: “I feel hopeless & got nothin’ left”

Stay Strong app



Free app - download it on phone, tablet or iPad.

Goal setting tool - strengths-based/ culturally responsive

4 step process –

1. Who keeps you strong
2. What keeps you strong
3. Your worries
4. Set goals for change

Review: Summary can be printed or emailed

More information? Go to Menzies School of Health Research (AIMhi Stay Strong app)

Recap



Who? Frontline workers & clients

What? d-SEWB resources

Where? wellmob.org.au

More info? David Edwards

E: d.edwards@sydney.edu.au

Stay connected



WellMob

URL: wellmob.org.au



Subscribe to our newsletter

David Edwards

E: d.edwards@sydney.edu.au



eMHPrac

URL: emhprac.org.au



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Heidi Sturk

E: heidi.sturk@qut.edu.au