



Media Release: WellMob – The one-stop website to enhance Indigenous wellbeing

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Until now, looking for wellbeing resources for Aboriginal and Torres Strait Islander people on the Internet has been like looking for needles in haystacks. With the launch today of a new website, called WellMob, this problem is now solved!

The inspiration for the WellMob website came from frontline health and wellbeing workers, who said they needed a one-stop-shop to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. WellMob brings together over 200 videos, apps, podcasts and other websites in the one place and is free to access

The website was developed by eMHPrac (e-mental health in practice) in partnership with the Australian Indigenous HealthInfoNet. The easy to use visual format will support those who work in mental health, family support, education and youth services.

David Edwards, a Worimi man who project managed the website for eMHPrac, said "Input from around the country has ensured WellMob was created for and by our mob. Reference groups of Indigenous health workers were set up in Larrakia (Darwin), Kurna (Adelaide) and Bundjalung (Lismore NSW) country. They guided website development every step of the way".

HealthInfoNet Director, Professor Neil Drew, said of the collaboration "It has resulted in a holistic website which will support mental as well as physical, cultural and spiritual health. It will allow health and community workers to confidently share useful online resources with their clients and communities".

The new WellMob website is now available at <https://wellmob.org.au/>

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Spokespeople:

David Edwards – Project Coordinator, University of Sydney

Mob: 0429 184 845, Email: d.edwards@sydney.edu.au

Professor Neil Drew – Director, Australian Indigenous HealthInfoNet

Tel: 08 9370 6155, Mob: 0418 901 468, Email: n.drew@ecu.edu.au

Media contact: Tara Hoyne – Tel: 08 9370 6109, Email: t.hoyne@ecu.edu.au

About the Australian Indigenous HealthInfoNet: The HealthInfoNet is a massive Internet resource that informs practice and policy in Aboriginal and Torres Strait islander health by making up to date research and other knowledge readily accessible. It contributes to closing the gap in health between Aboriginal and Torres Strait Islander peoples and other Australians. For over 22 years, working in 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. www.healthinfonet.ecu.edu.au