

## **Supporting our community: online Social and Emotional Wellbeing Resources during the Voice referendum**

**21 September 2023**

The National Aboriginal Community Controlled Health Organisation (NACCHO) and the Australian Indigenous HealthInfoNet have launched a portal that brings together a collection of resources aimed at supporting and reducing social and emotional harms to Aboriginal and Torres Strait Islander people in the period prior and post the Voice referendum <https://healthinfo.net.ecu.edu.au/learn/special-topics/voice-referendum-social-emotional-wellbeing-resources/>

The wellbeing resources have been made freely available on the Australian Indigenous HealthInfoNet website for Aboriginal and Torres Strait Islander people, organisations and Community, including new Pause, Breathe, Connect wellbeing resources developed by The Healing Foundation. Building Connection, Strength, Resilience is at the heart of these resources, which comprise, factsheets, support websites, apps, posters, videos and other critical tools.

The launch comes as the negative impacts of the debate increasingly affect the social, emotional and mental health wellbeing of Aboriginal and Torres Strait Islander people.

NACCHO Chief Executive Officer Pat Turner said, "We are witnessing first-hand the adverse consequences of this debate within our communities, manifesting as heightened psychological distress, an increased demand for assistance, and a rise in the utilisation of social and emotional wellbeing and mental health services. The resources we've developed are not the answer but are critical tools to help keep our Community safe and well".

The Healing Foundation Acting Chief Executive Officer Shannan Dobson said, "These resources have tools and tips on managing stress for self, family and community and managing increased misinformation. As well as managing challenging conversations and ways to stay safe. While these resources are for the current heightened racism, they are useful tools for our mob for general wellbeing."

HealthInfoNet Director Professor Neil Drew said, "We are proud to partner with NACCHO to provide support for Aboriginal and Torres Strait Islander people during this nation defining referendum. National debates of this kind can involve difficult and challenging conversations and it is important that we care for ourselves and others during and after the referendum campaign".

For support, please contact an Aboriginal community-controlled health organisation (ACCHO) near you. To find an ACCHO in your area click [here](#). If you are feeling stressed, not sleeping well or have increased anxiety and depression you can seek help from:

- [13 Yarn](#) (13 92 76)
- [Brother-to-brother](#) (1800 435 799)
- [Lifeline](#) (13 11 14)
- [Kids helpline](#) (1800 55 1800)

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