



**Beyond  
Blue**


**Information for Aboriginal  
and Torres Strait Islander peoples  
and communities**



[beyondblue.org.au](https://beyondblue.org.au)



1300 22 4636



Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Aboriginal and Torres Strait Islander peoples have the oldest living culture in the world. Beyond Blue acknowledges how strong, vibrant and different Indigenous communities are across Australia.

For some people trauma, sickness and grief from loss of land, culture and identity, children being taken and communities being split up, can be passed onto children and can be made worse by racism and living in poverty.

Some risks for not feeling well are being on your own and feeling lonely, not having a job and losing who you really are. Racism, being in jail or juvenile detention and violence in your life can also affect how well you feel.

Connecting to culture, going on country and finding your spirit is so important to your social and emotional wellbeing. Knowing where you belong and having family, friends and your mob can help you and everyone else feel strong and deadly.

If you are thinking or feeling bad sometimes or all the time or you know someone who is not feeling strong then let's get you or them some support. The earlier and quicker, the better.

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**The information in this document is general advice only. The advice within it may therefore not apply to your circumstances and is not intended to replace the advice of a healthcare professional.**

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Image courtesy of Wayne Quilliam

## Beyond Blue resources

Beyond Blue has a lot of different ways we can support people to get better. We have Aboriginal and Torres Strait Islander peoples sharing and telling their stories about what they are doing that works and helps them to heal. There is information on how to support other people in the community or at home who you are worried about. We also have videos about racism and discrimination.

We have worked with Aboriginal and Torres Strait Islander peoples to make sure all these resources are made and shown in a culturally safe way, and tell your stories and share your knowledge in a good way. This also includes where to find good and proper services.

Beyond Blue works closely with Aboriginal and Torres Strait Islander peoples who have not been well in the past, and/or experienced anxiety or depression to develop our information. Their stories have been used to make these resources, and help you and others yarn about social and emotional wellbeing.

To see what information is available for Aboriginal and Torres Strait Islander peoples and communities, visit [beyondblue.org.au/aboriginal-and-torres-strait-islander-peoples](https://beyondblue.org.au/aboriginal-and-torres-strait-islander-peoples)





## **Acknowledgement**

Beyond Blue acknowledges the Traditional Owners of the Land on which our head office is based, the Wurundjeri people, of the Kulin Nation. We pay our respects to Elders past and present, and extend our respect to all Elders and Aboriginal and Torres Strait Islander peoples across Australia.

## **Where to find more information**

### **Beyond Blue**

 **[beyondblue.org.au](https://beyondblue.org.au)**

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service. Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

 **1300 224 636**

Email or chat to us online at  
**[beyondblue.org.au/getsupport](https://beyondblue.org.au/getsupport)**

 **@beyondblue**

 **@beyondblue**

 **@beyondblueofficial**

 **company/beyondblue**

### **Head to Health**

 **[headtohealth.gov.au](https://headtohealth.gov.au)**

Head to Health can help you find free and low-cost, trusted online and phone mental health resources.

 **Donate online: [beyondblue.org.au/donations](https://beyondblue.org.au/donations)**