

# SEWB IS ALL ABOUT FOSTERING STRONGER MINDS • BODYS • SOULS

KEEPING CULTURE STRONG, YOUR BODY HEALTHY AND YOUR SOUL CONNECTED WILL HELP BUILD YOUR IDENTITY, GIVE YOU PURPOSE IN LIFE AND KEEP YOUR MOB'S HISTORY AND FUTURE ALIVE.

## Why is social and emotional wellbeing important:

Social and emotional wellbeing affects the everyday lives of Aboriginal and Torres Strait Islander peoples, their families and the community.

Social and emotional wellbeing is also a protective factor against mental illness, suicide, and problematic alcohol and other drug use and fosters recovery.

Social and emotional wellbeing recognises that Aboriginal and Torres Strait Islander peoples have understood social and emotional wellbeing for thousands of years and its importance of cultural practices, spirituality and connections to land and sea.

Social and emotional wellbeing understands that non-Indigenous ideas of mental health is different to Aboriginal peoples and Torres Strait Islanders view of wellbeing of communities and families, which includes physical health, mental health and other factors such as cultural, spiritual and social wellbeing.

FOR MORE INFORMATION,  
PLEASE CONTACT OUR TEAM  
AT CWAATSICH ON  
(07) 4654 3277

## CRISIS CONTACTS

IN AN EMERGENCY CALL 000 OR  
GO TO YOUR LOCAL HOSPITAL  
EMERGENCY DEPARTMENT.

## 24/7 CRISIS SERVICES

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 22 46 36

Men's Line Australia: 1300 78 99 78

Kids Helpline: 1800 55 1800

DV Connect: Domestic Violence  
Helpline 1800 811 811

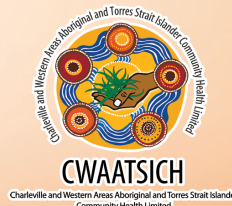
## OTHER SUPPORT AND INFORMATION SERVICES

Queensland Health: 13 HEALTH  
(13 43 25 84)

Headspace: 1800 650 890

Youth Beyond Blue: 1300 22 46 36

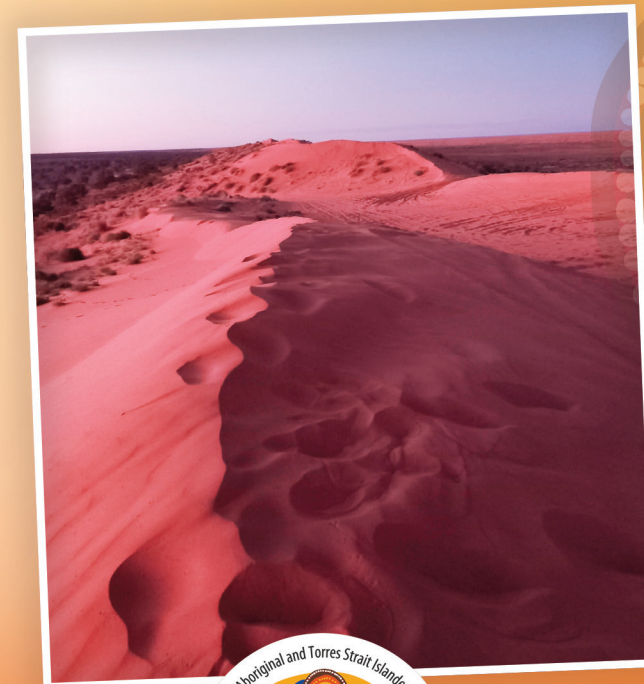
Act for Kids: 07 3850 3200



[www.CWAATSICH.org.au](http://www.CWAATSICH.org.au)



**STOP THE SILENCE**  
Chat with the CWAATSICH SEWB Team



**CWAATSICH**

Charleville and Western Areas Aboriginal and Torres Strait Islander  
Community Health Limited

**AT CWAATSICH WE HAVE A SOCIAL EMOTIONAL WELLBEING TEAM THAT IS DESIGNED TO CARE FOR THE SOCIAL EMOTIONAL HEALTH OF OUR COMMUNITY THROUGH A REFERRAL PATHWAY BY ACCESSING OUR GP SERVICES.**

**By doing this we can provide:**

- Psychology services face to face or phone consults
- Alcohol and other Drugs Counselling
- Social Work counselling and therapy

**Non-Referral**

- Designing and running Community based programs that focuses on fostering good mental health for all of community, men, women, children, and family's.
- Fostering a Holistic Approach for stronger Mind, Body and Soul
- Working with other services in Community to look after your overall health.
- Doing our part in closing the gap and achieving equality for our peoples



**CHARLEVILLE SEWB RECOGNISES THAT ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES SOCIAL, EMOTIONAL, SPIRITUAL, AND CULTURAL WELLBEING IMPACTS ON YOUR OVERALL HEALTH. WE ALSO PROMOTE THE IMPORTANCE OF CONNECTION TO LAND, CULTURE, SPIRITUALITY, FAMILY, AND COMMUNITY.**

**Charleville SEWB supports social and emotional wellbeing by:**

- Empowering cultural identity
- Healing from grief and trauma
- Recognising strength and leadership
- Working with families and young people
- Increasing awareness about mental health, alcohol and other drugs and suicide prevention
- Providing promotional and education resources
- Promoting more culturally capable services and supports
- Improving local and broader service integration and networking
- Reducing racism and discrimination by acknowledging, respecting, and valuing Aboriginal peoples and Torres Strait Islanders as the First Nations People

