



Relationships Matter: Walking alongside Aboriginal and Torres Strait Islander Parents

Practice Guide

[Working and walking alongside Aboriginal and Torres Strait Islander children and young people: A practical guide for non-Indigenous workers](#)

This practice guide from Emerging Minds is designed to provide information, concepts, practical skills and suggestions to guide non-Indigenous professionals working with Aboriginal and Torres Strait Islander children, young people and their families/communities.

Online Course

[Our Woven Ways: Connecting practitioners with the experiences of Aboriginal and Torres Strait Islander children and families](#)

This online course from Emerging Minds introduces strategies to support practitioners in building the genuine, trust-based relationships required to have culturally safe, connecting conversations with Aboriginal and Torres Strait Islander parents about their worries, strengths and hopes for their children.

Websites

[WellMob](#)

This website provides a suite of online resources for Aboriginal and Torres Strait Islander People to support social, emotional and cultural wellbeing.

[Menzies Indigenous Mental health and wellbeing resources](#)

This website provides Indigenous service providers and communities with a range of tools to better recognise and manage the problems causing mental illness, such as social issues, work worries and family stress.

Videos

[Whole Aboriginal Child](#)

This video from Emerging Minds outlines the concept of the whole child and the deep connection Aboriginal and Torres Strait Islander children have to their family, their community, the land and the dreaming.

[Aboriginal and Islander Mental health initiative \(AIMhi\) Stay Strong](#)

These videos provide information on the Stay Strong app from the Aboriginal and Islander Mental health initiative. The app is based on more than 15 years of research and is designed to promote wellbeing in Aboriginal and Torres Strait Islander people by reviewing strengths, worries and the goals or changes people would like to make in their lives.

Webinars

[Online and digital approaches to support wellbeing in Aboriginal and Torres Strait Islander children and families](#)

This webinar from the Australian Institute of Family Studies discusses online and digital methods to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander families.

[How a 'village' approach can support infant and toddler mental health](#)

This webinar from the Australian Institute of Family Studies discusses how to work collaboratively with families to engage with their 'village' and how this approach can influence infant and toddler mental health.

[How to recognise complex trauma in infants and children and promote wellbeing](#)

This webinar from the Australian Institute of Family Studies explores how practitioners can develop their understanding of complex trauma to effectively support infants and children.