

Tips to stay deadly during The Voice to Parliament referendum



IT'S NOT YOUR JOB TO EDUCATE
No need to debate or share how you will vote with anyone
 You can politely decline to comment if asked for information or your position on the referendum. Facts matter more than opinions.



Aboriginal and Torres Strait Islander Voice by Australian Govt.



What is the Indigenous Voice to Parliament? by ABC News.




DON'T PUT UP WITH RACISM
Get support if you or someone else experiences racism
 Responding to racism is hard. Seek support, yarn with those affected by a racial attack & consider reporting it.



Online Hate & Abuse by eSafety Commissioner



Call It Out | Calling out racism



For links to support links and how to respond, see:
 Racism. It Stops with Me




TAKE CARE OF OUR DEADLY MOB
Respect different opinions & look after each other
 Its bad form to force opinions onto others. We may be one mob with many cultures, but we are allowed to have our own thoughts and position on things. Our culture is based on respect - lets be respectful to one another.



Self-Care by the WellMob website team at eMHPprac



TAP OUT OF THE MEDIA

Take a digital break or only log on to positive content



Our mainstream media like controversy to get attention – so do some people. Its ok to take a break from the media to avoid negativity. Or just choose media channels or people to yarn with that help keep your spirit strong.



eSafety First Nations online safety resources



Strong Minds resources on the WellMob website by eMHPrac



Indigenous Health MeDTalk by Dr Danielle Arabena



DO SOMETHING THAT KEEPS YOU FEELING DEADLY

Connect with mind, body & spirit



If you feel stressed or down, take some time out to do something that helps keep you strong each day. Tap into your culture to keep your spirit strong: walk country, sit quietly in a special place or yarn with supportive mob.



Cultural resources on the WellMob website by eMHPrac



Cultural identity resources (adults, children and young people)
by eMHPrac



If you are struggling, or know someone who is, call a 24hr crisis support hotline:


13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636

Click here to connect to WellMob
for other resources 
www.wellmob.org.au