



Ngarrang Gulinj-al
Boordup Aboriginal
Health and
Wellbeing Team

each

**BURNDAP
DHUMBA**
'GOOD TALK'

SOCIAL AND EMOTIONAL WELLBEING PROGRAM

**HEY
YOU
MOB**

HAVE YOU BEEN...

- feeling stressed, worried or down, and wanting someone to have a yarn with?
- having some troubles and not sure where to get help, or not sure how to get things back on track?
- wanting to connect with someone to work together on what helps keep your spirit strong?

YOU CAN YARN WITH US ABOUT:

- Social and emotional spiritual wellbeing
- Physical and mental health
- Drug and alcohol issues
- Counselling
- Helping others understand what's going on for you and what you might need
- Connecting with other supports and services in community

**COME
HAVE A
YARN**

Cultural safety and confidentiality are important to us.

We are here to have a yarn about whatever is going on for you, we will respect your privacy, and we can work alongside you and your family or any other people important to you.

CALL: 03 9757 6200

EMAIL: AboriginalHealthTeam.eachVic@each.com.au



Ngarrang Gulinj-al Boordup model of practice

