

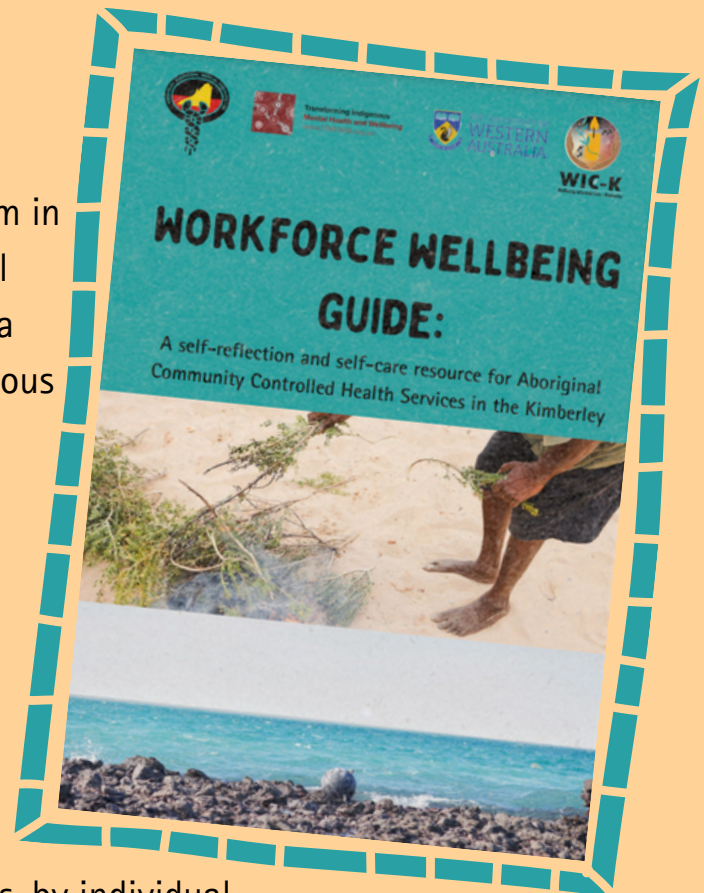
# WELLBEING INFORMED CARE-KIMBERLEY

## PROJECT UPDATE

the Workforce Wellbeing Guide was written in Rubibi (Broome) and was developed by the Wellbeing Informed Care-Kimberley project team in collaboration with Kimberley Aboriginal Medical Services, and the University of Western Australia (Rural Clinical School and the School of Indigenous studies).

This guide is designed to provide the Aboriginal Community Controlled Health Service (ACCHS) workforce in the Kimberley with information about wellbeing in the workplace. The guide focuses on the role of self-reflection and self-care in safeguarding and promoting worker wellbeing. It includes practical activities and resources that can be used in a range of settings, by individual workers, supervisors, or managers.

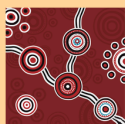
The information and activities provided in the guide are centered around a holistic understanding of wellbeing, in order to be broadly applicable to both Aboriginal and non-Aboriginal workers.



We would like to thank the Social and Emotional Wellbeing (SEWB) workers, and Aboriginal Health Workers who contributed their time, knowledge and lived experience to the development of this guide.



**FOR MORE INFORMATION OR TO ACCESS THE FULL WORKER GUIDE PLEASE CONTACT THE WIC-K TEAM AT:**  
[shannon.fong@kams.org.au](mailto:shannon.fong@kams.org.au)



Transforming Indigenous  
Mental Health and Wellbeing  
[www.TIMHWB.org.au](http://www.TIMHWB.org.au)



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**



**WIC-K**  
Wellbeing Informed Care - Kimberley