

## Additional resources

Program	What is it? Who is it for?	Where to find more information
<b>Baby Coming You Ready? (BCYR)</b>	<p>Baby Coming You Ready? (BCYR) is a culturally safe, digital, perinatal mental health assessment which supports trust and engagement between professionals and Aboriginal and Torres Strait Islander mothers and fathers.</p> <p>Check out the animation video about wellbeing <a href="#">here</a>.</p>	<p><a href="#">Baby Coming You Ready? - Supporting Aboriginal and Torres Strait Islander parents-to-be and new parents</a></p>
<b>SMS4Dads and SMS4DeadlyDads</b>	<p>SMS4DeadlyDads sends short texts with tips, info and links to your phone just when you and your baby need it.</p> <p>If you identify as Aboriginal or Torres Strait Islander, you're sent a unique set of messages designed especially for First Nations dads. The messages help dads</p> <ul style="list-style-type: none"> <li>- connect with their bub</li> <li>- support mum</li> <li>- and look after themselves</li> </ul>	<p>More information and sign-up page: <a href="#">Deadly Dads - SMS4dads</a></p>
<b>The AIMhi Stay Strong App and Youth App</b>	<p>The AIMhi Stay Strong App is an innovative tool that addresses the mental health and wellbeing concerns of First Nations Australians using a cross-cultural approach. The app is based on more than 15 years of research and collaboration within the Aboriginal and Islander Mental Health Initiative (AIMhi). It is designed to promote wellbeing by reviewing strengths, worries and the goals or changes people would like to make in their lives.</p>	<p>More information and link to download the app (for free): <a href="#">The AIMhi Stay Strong app - Menzies</a></p>
<b>WellMob First Nations</b>	<p>WellMob brings together online resources made by and for our mob. Here you will find websites, apps, podcasts, videos, helplines, social media and online programs all with a focus on social and emotional wellbeing.</p> <p>Explore the resources by topic, including:</p> <ul style="list-style-type: none"> <li>- <a href="#">women's</a> health and wellbeing</li> <li>- <a href="#">relationships</a> and <a href="#">family violence</a></li> <li>- <a href="#">young people's</a> health and wellbeing</li> <li>- <a href="#">disability</a>,</li> <li>- <a href="#">men's</a> health</li> </ul>	<p>Find out more and access Wellmob: <a href="#">Wellmob - WellMob</a></p>