

GIMBANYA DJAMARUMBA OUR MESSAGE TO YOU

You are deadly.
Your culture, your
story, your life and
your voice matters.

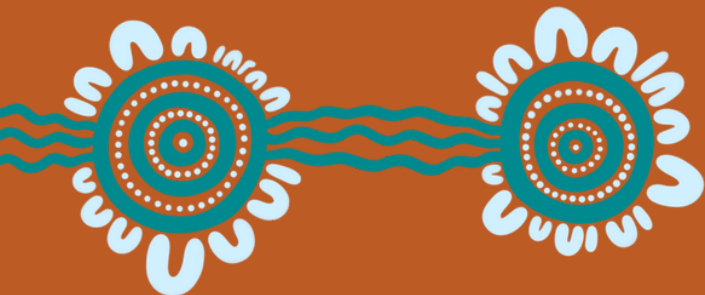
You are strong.

You are loved.

You carry the strength
of your Ancestors and
community.

You are valued.

You belong, and you
are never alone.



SUPPORT SERVICES

Kids Helpline National

1800 55 1800

Lifeline National

13 11 14

Beyond Blue National

1300 22 4636

**13YARN Aboriginal & Torres
Strait Islander support**

13 92 76

NSW Mental Health Line

1800 011 511

Suicide Call Back Service

1300 659 467

QLife (LGBTQI+ support)

1800 184 527

OR

REACH OUT TO US FOR A YARN

David Nye



0492810270



BAC@KATUNGUL.ORG.AU

KEEPING OUR MOB SAFE AND STRONG



KATUNGUL

IN PARTNERSHIP WITH



NACCHO
National Aboriginal Community
Controlled Health Organisation

BUILDING ABORIGINAL COMMUNITY RESILIENCE

Support When You Need It Most

We provide cultural support that honours your identity, community connections, and the strength of your story. Our mindful support services help you pause, reflect, and stay grounded during challenging moments. Everything you share with us is treated with complete confidentiality, giving you a safe and private space to open up. Whether you're going through a tough time or simply need someone to talk to, we're here to walk alongside you with care, respect, and understanding.



You are not alone

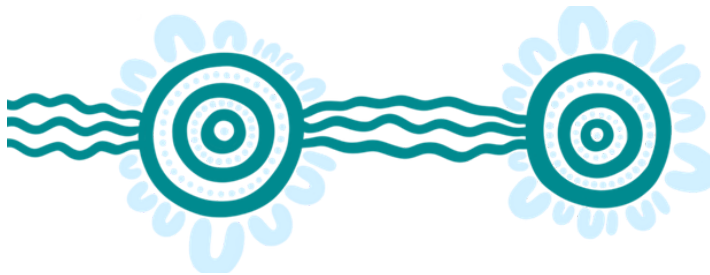
HOW WE WALK WITH YOU

Keeping Our Mob Safe and Strong:

Supporting wellbeing and connection through culture, community and care.

Healing Support: Providing emotional, cultural, and practical support.

Self-Determined Journeys: Designing your own cultural plan for your healing and wellbeing.



Community-led: Decisions made by mob, for mob.

Holistic Care: Supporting mind, body, spirit and surroundings.

Wrap-around family support and care: Offering culturally grounded support that surrounds you and your family with care, understanding, and guidance.

You are strong, deadly,
and valued

WHAT WE CAN OFFER

HEALING & WELLBEING

- Healing on Country
- One-on-one yarning
- Mindfulness and grounding
- Strengths-based support

CULTURE & CONNECTION

- Cultural healing through:
 - Men's Group (Gimbanya Djamarumba)
 - Culture tailored to the South Coast Community
 - Other cultural activities of choice
 - Cultural Connection Camps

FAMILY AND COMMUNITY

- Community workshops
- Cultural camps
- All-day and half-day gatherings

REFERRAL PATHWAYS

- Referrals to trusted, culturally safe services, for example:
 - Health workers,
 - Counsellors,
 - Specialist services, and other Katungul programs.

We are here for you