



FORMS OF DISCRIMINATION

Racism, transphobia, biphobia, homophobia and interphobia can be a heavy and painful experience. When we call out discrimination, we are standing up for our right to be treated with respect and dignity. By naming and addressing it, we take action, but we don't have to carry the weight on our own.

It's important to remember that the burden of discrimination belongs to those who perpetuate it, not to us.

Together, we can create safer, more inclusive spaces while holding onto the beauty and strength of our cultural heritage.

SEEKING SUPPORT

Although colonisation, queerphobia, and racism have been barriers to our well-being, reaching out for support and having a yarn with someone can be a powerful step toward healing. If you ever need to connect, services are available to support your journey.

If your mental health has taken a hit recently and you need some ongoing support, you can get a mental health care plan referral from your GP.

You can reach out to Thorne Harbour Health for counselling, or the Victorian Aboriginal Health Service (VAHS) can also be a great source of support. Konar Winmit Yunti (KWY) also offers support options in Adelaide.

Remember to check out a few cultural arts centres that offer walking tours, workshops, cultural experiences and opportunities to connect with mob! There are lots of Local Aboriginal Art Centres that will run a variety of workshops, so be sure to give them a quick Google search and find one near you!

RESOURCES



Cultural supports.

Bunjilaka
www.museumsvictoria.com.au/bunjilaka

Koorie Heritage Trust
www.kht.org.au

Tadanya in South Australia
www.tadanya.com.au

Join a monthly yarning group run by queer mob, for queer mob!

Konar Winmit Yunti
www.kwy.org.au



Connect online.

Konar Winmit Yunti
www.kwy.org.au

Victorian Aboriginal Health Service
www.vahs.org.au

The Victorian Aboriginal Community Controlled Health Organisation
www.vaccho.org.au/rainbowmob

Thorne Harbour Health Victoria
www.thorneharbour.org/services/lgbtiq-mental-health/counselling

Thorne Harbour Health South Australia
www.thorneharbour.org/south-australia/mental-health-service



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Need a chat?

Q-life 1300 184 527 13 Yarn 13 92 76

Aftercare 1300 286 463 Lifeline 13 11 14

STRONG IN SPIRIT

A GUIDE
TO COMMUNITY,
CONNECTION AND
SUPPORT FOR RAINBOW MOB



STAYING STRONG

Belonging to Rainbow Mob is something that gives us immense strength, pride, and a deep connection to our culture and community. This resource hopes to remind us of the many places and people we can turn to when we need support. Life has its ups and downs, and reaching out when things feel heavy is a sign of resourcefulness and courage.

Our queerness is a powerful part of who we are, deeply intertwined with our cultural heritage, and together they form the essence of our spirit.

While navigating this world as Rainbow Mob can sometimes be challenging because of racism, heterosexism, queerphobia and the intersection of other forms of discrimination, we need to remember that these external forces do not define us.

Staying connected to culture, even when it feels distant, is the key to nourishing our well-being.

We deserve to be treated with respect, and our diversity should be celebrated across our bodies, sexualities, genders, and cultural identities. It is empowering to know that we don't need to carry the burden of shame, and we have the right to be our authentic selves, free from the judgement of others.

Good people and services are out there, and finding supportive connections is vital to our journey.

While colonisation has impacted both our rainbow and cultural identities, we still remain strong by holding onto who we are. Whether through visiting local cultural centres or participating in community activities, our culture is always present, ready to be embraced in ways that resonate with us.

Above all, we need to come together to chip away at any feelings of shame and stand strong in our identity. We are amazing, and we deserve to celebrate and uplift one another. Let's continue to show kindness and care, to ourselves and each other, and move forward with pride in who we are.

UNKINDNESS

As Rainbow Mob, lateral violence and micro-aggressions come from various parts of the different worlds we navigate and can deeply affect our well-being. This can be experienced in many ways such as gossip, verbal and physical assault, blame and shame, and bullying - all of which can lead to professional, personal, and cultural isolation.

Recognising lateral violence (also known as lateral unkindness) can be empowering and allow us to rise above these harmful behaviours.

Often, unkindness stems from other people's trauma or a desire to hold onto power. While this can be challenging to stop, it's important to remember that these negative actions are not ours to carry - they belong to the aggressor.

By fostering kindness, empathy, and open communication, we can create a positive environment where we support one another. Educating ourselves and others, sharing our stories, and focusing on healing can help break the cycle of lateral violence, making our communities stronger, more inclusive, and respectful.

Supporting each other should not be a burden; it's a privilege. We are here for each other, and together, we can thrive.

SENSE OF PRIDE

A deep sense of pride as Rainbow Mob comes from staying connected to our spirit, culture, and community.

Connection is something we can nurture by spending time on country or by yarning with family and Elders who pass down stories and wisdom that strengthen our identity. Other ways of participating in culture include going to workshops and learning traditional practices that help keep our culture alive.

We find a deep sense of pride in welcoming all the diversity in our community. Brotherboys, sistersgirls and nonbinary mob are a big part of our Rainbow Mob diversity and strength.

Participating in cultural activities reinforces our pride in both our gender and our heritage. Spending time on Country or attending gatherings that celebrate us and our identities in our communities can help us feel seen, valued, and supported.

The more we come together, the stronger we are.