

MENTAL HEALTH

Mental health problems like depression or anxiety can affect anyone.

If you're feeling off your game, or you're worried about a team mate, your Good Sports club can help.

Talk to your coach, a club official or welfare officer to find out how.

FOR HELP IN A CRISIS

Emergency services	000
Lifeline (24 hour crisis support)	13 11 14
Suicide Call Back Service (for anyone affected by or contemplating suicide)	1300 659 467

FOR SUPPORT AND INFORMATION

Kids Helpline (24 hour support for people 5 - 25)	1800 55 1800
Mensline (24 hour support for men)	1300 78 99 78
Beyondblue (24 hour support and next steps)	1300 22 4636

