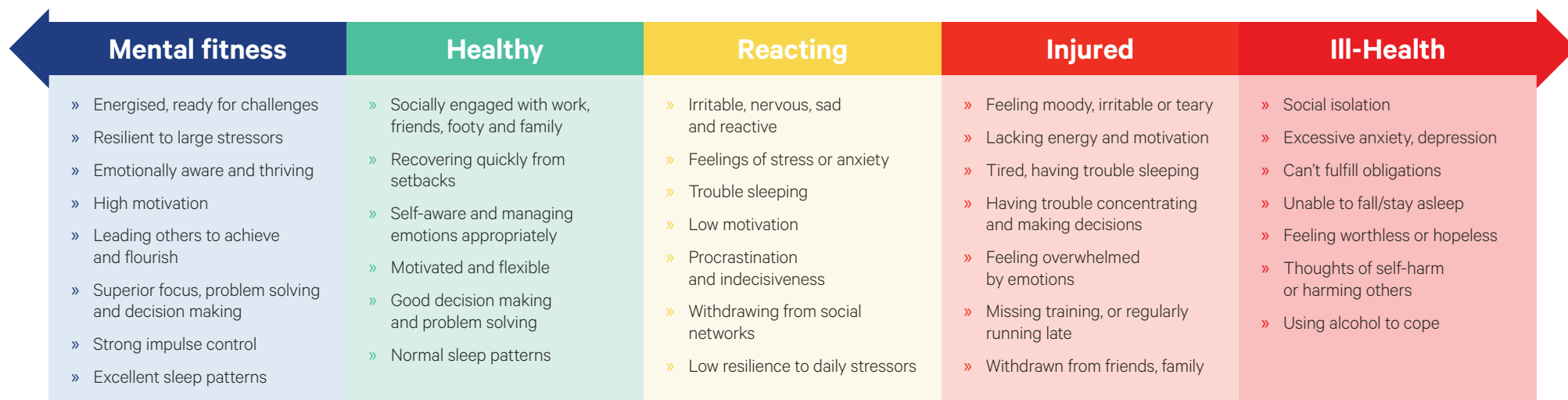


How to seek help

Our mental health changes over time in response to different life experiences. We can all move up and down the mental health continuum. Managing your own mental health is important at all stages of the continuum. We can maintain good mental health even while living with a mental illness, or conversely, experience poor mental health in the absence of mental illness. It is possible to be diagnosed with a mental disorder and still engage in football and experience positive states of wellbeing.

When should you reach out for help?

The earlier the better. When you are reacting or injured, start the process and know your options. If you are experiencing mental ill-health, reach out for professional help.



1 Identify signs early

Are you experiencing symptoms in the orange and red end of the continuum? Have they been occurring for two weeks or more?

Early identification is important! It leads to early intervention. You may reduce the time and severity of your health condition.

2 Who is your helper?

Is there someone you trust who you can reach out to? Can they assist you in discovering your professional help networks?

Ask a friend, family member or someone you trust to help you book the appointment.

Helpers might be:
 Family members or partners
 Teammates
 Coach
 Team volunteer

3 You have options

Explore your options – there are different levels of support, depending on your experience and situation.

This could be online or telehealth, or face to face using professional health sources.

Everyone's circumstances and mental health are unique. There is no one size fits all for building mental fitness or managing mental ill-health

4 Connect and commit

Know that seeking help through qualified professionals ensures your privacy and confidentiality by law.

Persevere. Changing mental habits is like building physical fitness skills and requires practice and commitment.

Challenge the belief that 'I should be able to fix things myself'.

In-Person Support

General Practitioner: Mental Health Care Plan ●●

A support plan for someone who is experiencing mental health issues, referred by a GP/Doctor to an expert, such as a psychologist or mental health consultant. Individual has access to Medicare rebates for up to 10 individual and 10 group appointments with allied mental health services in a year.

Private Psychologist



You can attend a consultation without a referral, but if you visit a GP, you may be assessed for a Mental Health Plan. To access this service, make an appointment with a psychologist or with your GP/Doctor.

psychology.org.au/find-a-psychologist

Headspace ●●

Your local headspace centre provides primary mental healthcare and counselling services for 12-25 years.

headspace.org.au/headspace-centres/

Australian Indigenous Psychologists Association



Indigenous Psychologists that can provide face to face or telehealth support for social and emotional wellbeing.

indigenouspsychology.com.au

Over the Phone

MensLine Australia ●●

Professional counsellors available 24/6 via phone or online.

1300 789 978

Kids Helpline ●●

Free, confidential 24/7 online and phone counselling for young people aged 5 to 25 years, for any issue.

1800 55 1800

Beyondblue ●●

Provides 24/7 general mental health and crisis support, as well as resources and information about mental health.

1300 224 636

Suicide Call Back Service ●●

Provide free counselling for suicide prevention and mental health via the telephone, online and video for anyone affected by suicidal thoughts, 24/7.

1300 659 467

Qlife ●●●●●

Provides anonymous and free LGBTQIA+ peer support and referral for people wanting to talk about sexuality, gender, bodies, feelings or health.

1800 184 527 or webchat at qlife.org.au

1800Respect ●●

For sexual assault, domestic and family violence counselling.

1800 737 732 or 1800respect.org.au

Online Support

These online supports include services for the LGBTQIA+, Indigenous, and culturally diverse communities.

Headspace e-help ●●

Online chat support for young people aged 12-25. From 9am-1am.

eheadspace.org.au

Beyondblue e-help ●●

Online chat support.

beyondblue.org.au/get-support/get-immediate-support

Head to Health ●●

Web directory of all mental health services, websites, apps and phone supports across Australia.

headtohealth.gov.au

Mental Health Online ●

Comprehensive and effective online services and programs, free of charge, if you are experiencing mental distress.

mentalhealthonline.org.au

MoodGYM ●

Interactive self help to help you learn and practise skills to prevent and manage symptoms of depression and anxiety.

moodgym.com.au

This Way Up ●

Range of courses and information to help you understand and improve your wellbeing.

thiswayup.org.au

Mind Spot ●

Free effective psychological assessment and treatment for stress, anxiety, worry, depression, low mood.

mindspot.org.au

The Mental Fitness Challenge ●●

Provide opportunities to learn more about mental fitness, as well as practical ways to improve mental strength and flexibility, through activities and practice strategies.

biteback.org.au/MentalFitnessChallenge/FindOutMore

Smiling Mind Programs ●●

Web and app-based programs developed by psychologists and educators for general, classroom and workplace use.

smilingmind.com.au

National Aboriginal Community Controlled Health Organisation (NACCHO) ●●●●●

National leadership body for Aboriginal and Torres Strait Islander health in Australia. Provides advice and resources on the health and wellbeing services for Aboriginal and Torres Strait Islander peoples.

naccho.org.au

ReachOut ●●

Helps under 25s with everyday questions through to tough times.

au.reachout.com

Safe Steps: Family Violence Response Centre ●●●

Specialist support services for anyone in Victoria who is experiencing or afraid of family violence. Available 24/7.

1800 015 188 or safesteps.org.au

Sexual Assault Crisis Line ●●

Support, advocate and provide crisis response for people who have experienced sexual violence.

1800 806 292

No to Violence ●●●

Working with men who use family violence and the sector that supports them to change their abusive and violent behaviour.

1300 766 491 or ntv.org.au

Rainbow Health Australia



Supporting the LGBTQIA+ health and wellbeing through projects, advocacy and action.

rainbowhealthaustralia.org.au

Education Programs

November Ahead of the Game (AOTG) ●●●●●

An evidence-based mental health literacy and resilience program for community footballers 12-18, parents, coaches and volunteers around Australia.

aheadofthegame@afi.com.au

CRISIS HELP

000 or Your Local Hospital Emergency Department

Lifeline

24 hour crisis support.
Call 13 11 14 or text 0477 131 114

13 YARN (13 92 76)

24 hour crisis support for Aboriginal and Torres Strait Islander peoples.

Suicide Call Back Service

For anyone affected by suicidal thoughts
1300 659 467

Self Help Apps ●●

Help support your Mental Fitness.

- » Headspace
- » Calm
- » Zen
- » Smiling Mind
- » Total Brain



Mental fitness

Healthy

Reacting

Injured

Ill-Health