

# 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



INSPIRING A HEALTHIER SPORTING NATION



Learn more about Mental Health  
[goodsports.com.au/mental-health-learning](https://goodsports.com.au/mental-health-learning)

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