

Lost your bounce?

If you're feeling off your game or you're worried about a team mate, you can find support by calling any one of the phone numbers below.

Remember that it's ok to ask for help.

FOR HELP IN A CRISIS

Police:
000

Mental Health Services Hotline:
1800 332 388

Alcohol and Drug Services:
1300 139 641

Lifeline National Line:
13 11 14
www.lifeline.org.au

Kids Help Line:
1800 55 1800
www.kidshelp.com.au

beyondblue Info Line:
1300 224 636
www.beyondblue.org.au

ONGOING SERVICES

Contact your local GP.

headspace:
1800 650 890

Wellways:
1300 111 400

Alcohol and Drug Foundation Info Line:
1300 858 584
www.adf.org.au/drug-facts/