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 and mental health problems like depression or anxiety can affect anyone at anytime.

FOR HELP IN A CRISIS AND 24-HOUR SUPPORT

Emergency Services: 000

Lifeline Crisis Support Service: 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

Suicide Call Back Service: 1300 659 467 | www.suicidecallbackservice.org.au

13 YARN Crisis Support: 13 92 76 | www.13yarn.org.au

National Alcohol & Other Drug Hotline: 1800 250 015

ONGOING SERVICES

Contact your local GP

headspace: 1800 650 890 | www.headspace.org.au/online-and-phone-support

Wellways: 1300 111 400

Alcohol and Drug Foundation Path2Help: www.adf.org.au/help-support

Relationships Australia: 1300 364 277

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