

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

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

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

Mental Health Services Helpline:
1800 332 388

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

Alcohol and Drug Services: 1300 139 641

ONGOING SERVICES

Contact your local GP.

Relationships Australia: 1300 364 227
headspace: 1800 650 890

Wellways: 1300 111 400

Alcohol and Drug Foundation Info Line:
1300 85 85 84
www.adf.org.au/drug-facts/



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Relationships Australia.
TASMANIA



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