



**Read
the
Play**

FOUNDING PARTNER
KEMPE
ENGINEERING

Need someone to talk to?

So, you've identified that you may benefit from extra support, or you want to help a friend get some extra help?

There are many places to reach out for help, it all depends on what you are most comfortable with.

Start with your Club's Player Wellbeing Officer.

Player Wellbeing Officer



OTHER RESOURCES:



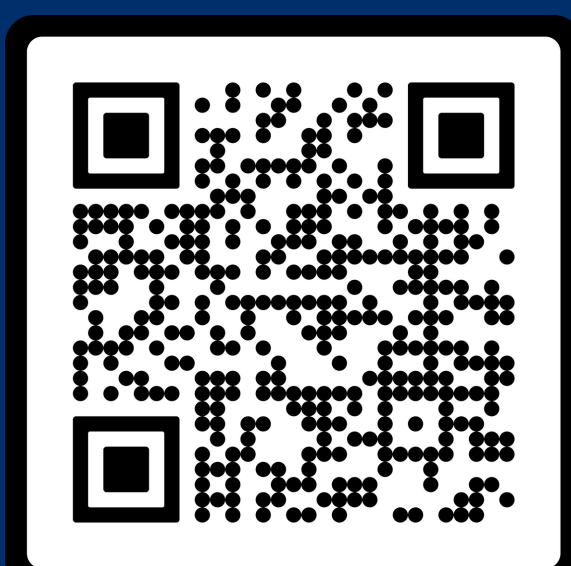
www.eheadspace.org.au
www.kidshelp.com.au
www.youthbeyondblue.com
www.esafety.gov.au
www.lifeline.org.au
www.goodgrief.org.au
www.mycompass.org.au

LIFELINE:
13 11 14

KIDS HELPLINE:
1800 55 1800

BEYOND BLUE:
1300 224 636

EMERGENCY SERVICES
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MENTAL HEALTH TRIAGE
24/7
1300 094 187

Mental Health is a Team Sport