

**IT'S OKAY
NOT TO BE
OKAY**

If you, or someone you know needs support for their mental health and wellbeing,
visit sportwest.com.au/how-we-help/mental-health/
for resources and links to services.

In an Emergency Dial 000
For support call Lifeline 13 11 14
or visit **True Sport – Community Links** for more services.

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BREAK THE STIGMA

START THE CONVERSATION

*"Hey, I just wanted to check in
and see how you're doing.
Is everything okay?"*

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LIGHTEN THE LOAD.

YOU'RE NOT ALONE

Check out sportwest.com.au/how-we-help/mental-health/
for more information on looking after your mental health and wellbeing!

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WORRIED ABOUT A MATE?

5 WAYS

YOU CAN HELP.

1

CHECK-IN

Ask “Are you ok?”. Knowing someone cares can make a profound impact.

2

JUST LISTEN

Being there and offering a listening ear can make the world of difference.

3

DON'T JUDGE

Everyone has their own journey and reasons for their thoughts and feelings.

4

BE PATIENT

Show your genuine care and support.

5

RECOMMEND SUPPORT

Encourage support from a GP, helpline or access the [True Sport - Community Links](#) webpage.

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