

In an Emergency Dial 000

For support call Lifeline 13 11 14

or visit <u>True Sport – Community Links</u> for more services.



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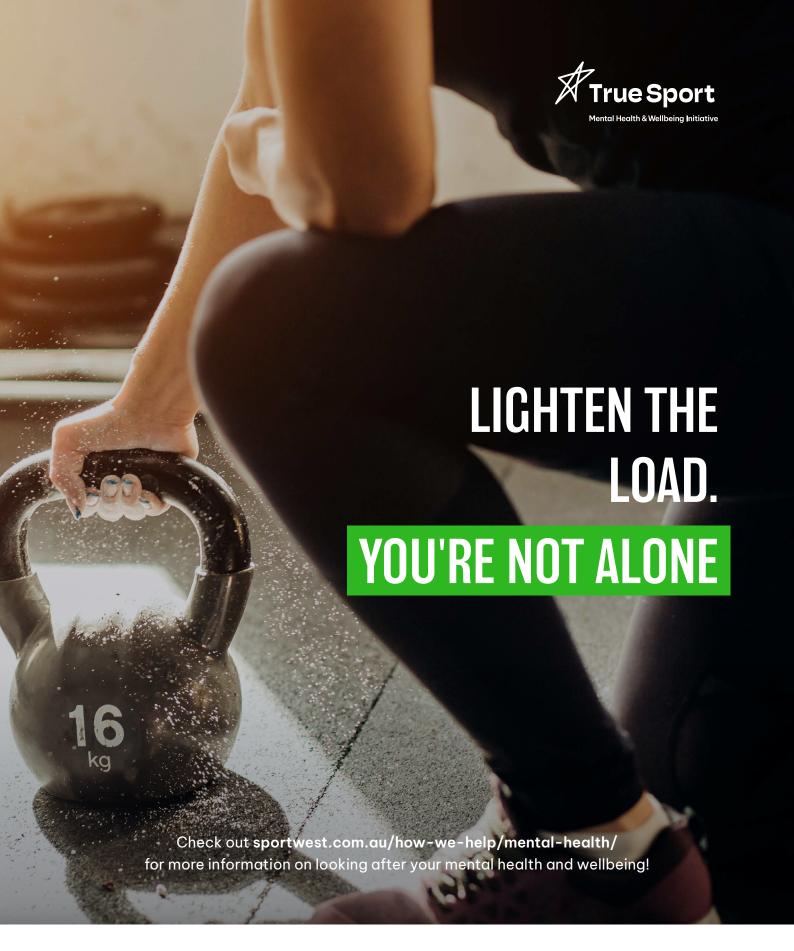
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mental health project

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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 <u>True Sport</u> - <u>Community Links</u> webpage.

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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