

MENTAL HEALTH AND WELLBEING MATTERS!

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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MENTAL HEALTH AND WELLBEING IN SPORT IS A **PRIORITY**

Resources and support are available to help yourself and others in your sport. Visit the True Sport - Mental Health and Wellbeing website to find out how!

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HERE FOR YOU

HERE FOR EACH OTHER

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HAVE YOU LOOKED AFTER YOURSELF LATELY?

TAKE TIME OUT

This includes taking a break from your responsibilities if you need to.

PARTICIPATE IN YOUR HOBBIES

Or activities that bring you joy and fulfilment.

SEEK HELP AND SUPPORT EARLY

And encourage others to do the same.

Speak to a GP, contact a helpline or access the [True Sport – Community Links](#) webpage.

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TOP 5 TIPS

TO TAKE CARE OF YOUR MENTAL HEALTH AND WELLBEING!

1 TAKE TIME OUT

This includes taking a break from your responsibilities if you need to.

2 ENGAGE IN REGULAR EXERCISE

Or preferred physical activities.

3 PRACTICE

Mindfulness and meditation techniques.

4 PRACTICE SELF-COMPASSION

This involves being kind and understanding to yourself. Treat yourself like you are your own best friend!

5 SEEK HELP AND SUPPORT EARLY

And encourage others to do the same.

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ROUGH DAY?

TRY THESE 5 STEPS TO GET BACK IN THE GAME!

- 1 Take some deep breaths. Breath in for 5, hold for 5, breath out for 5. Repeat 5 times!
- 2 Talk with a mate, coach, club or team member.
- 3 Get active. Stand up, have a stretch. A quick jog, walk, or even some light exercises can release endorphins, which are natural mood boosters.
- 4 Practice gratitude. Remind yourself of three things you're grateful for. Gratitude can shift your focus from what's wrong to what's right in your life.
- 5 Listen to your favourite tunes. This is scientifically proven to lift your mood!

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