

# See

## Spot the signs of anxiety

**Be a teammate who cares.**

See beyond the game. Recognise signs of anxiety in your teammates.

Keep an eye out for changes in mood, body language and behaviour.

Looking out for your teammates can make a difference.

**Pay attention, be aware and do your best to be a supportive teammate.**

# Say

## Break the silence

**Talking about mental health matters.**

Let your teammates know they can talk about their thoughts and feelings.

It's ok to not be ok. Break the silence and have a conversation about mental health.

**Don't be afraid to talk to someone you think might be struggling.**

# Support



## Lift each other up

**You can help build a supportive team culture!**

We rise by lifting others. Supporting your teammates on and off the field is good for them, for you, and for everyone around you.

**Let's create a club where everyone feels valued, supported and a vital part of our team!**

## Young people

**Kids Helpline:** 1800 551 800 / [kidshelpline.com.au](http://kidshelpline.com.au)

**ReachOut:** [reachout.com](http://reachout.com)

## All ages

**Mental Health Line:** 1800 011 511

**Lifeline:** 13 11 14 / Text: 0477 13 11 14 / [lifeline.org.au](http://lifeline.org.au)

**Beyond Blue:** 1300 224 636

## Other resources

**Head to Health:** [headtohealth.gov.au](http://headtohealth.gov.au)

**1800RESPECT:** 1800 737 732

**Butterfly Foundation** (support for eating disorders)  
1800 33 4673 / [butterfly.org.au](http://butterfly.org.au)

**QLIFE** (support for LGBTQ+ communities)  
1800 184 527 / [qlife.org.au](http://qlife.org.au)

**Awabakal** (health services for Aboriginal communities)  
1300 174 908 / [awabakal.org](http://awabakal.org)