

How to seek help

Our mental health changes over time in response to different stressors and experiences. We can all move up and down the mental health continuum. Managing your own mental health is important at all stages of the continuum.

When should you reach out for help?

The earlier the better.

When you are reacting or injured, start the process and know your options. If you are experiencing mental ill-health, reach out for professional help.

Mental fitness	Healthy	Reacting	Injured	Illness
<ul style="list-style-type: none"> » Energised, ready for challenges » Resilient to large stressors » Emotionally aware and thriving » High motivation » Leading others to achieve and flourish » Superior focus, problem solving and decision making » Strong impulse control » Excellent sleep patterns 	<ul style="list-style-type: none"> » Socially engaged with work, friends, footy and family » Recovering quickly from setbacks » Self-aware and managing emotions appropriately » Motivated and flexible » Good decision making and problem solving » Normal sleep patterns 	<ul style="list-style-type: none"> » Irritable, nervous, sad and reactive » Feelings of stress or anxiety » Trouble sleeping » Low motivation » Procrastination and indecisiveness » Withdrawing from social networks » Low resilience to daily stressors 	<ul style="list-style-type: none"> » Feeling moody, irritable or teary » Lacking energy and motivation » Tired, having trouble sleeping » Having trouble concentrating and making decisions » Feeling overwhelmed by emotions » Missing training, or regularly running late » Withdrawn from friends, family 	<ul style="list-style-type: none"> » Social isolation » Excessive anxiety, depression » Can't fulfil obligations » Unable to fall/stay asleep » Feeling worthless or hopeless » Letting people down » Thoughts of self-harm or harming others » Using alcohol to cope

1 Identify signs early

Are you experiencing symptoms in the orange and red end of the continuum? Have they been occurring for two weeks or more?

The earlier you seek help, the better your outcomes.

Early identification is important! It leads to early intervention. You may reduce the time and severity of your health condition.

2 Who is your helper?

Is there someone you trust who you can reach out to? Can they assist you in discovering your professional help networks?

Ask a friend, family member or someone you trust to help you book the appointment.

Helpers might be:
 Family members or partners
 Teammates
 Club staff (PDMs, psychologist, doctor)
 Player Agent

3 You have options

Explore your options – there are different levels of support, depending on your experience and situation.

This could be online or telehealth, face to face, through the support of your club, or using external health sources.

Everyone's circumstances and mental health are unique. There is no one size fits all for building mental fitness or managing mental ill-health

4 Connect and commit

Know that seeking help through qualified professionals ensures your privacy and confidentiality by law.

Persevere. Changing mental habits is like building physical fitness skills and requires practice and commitment.

Challenge the belief that 'I should be able to fix things myself'.

Club Support

Player Development Manager ●●●●●

Your Club's PDM acts as a facilitator to seeking professional help when you have concerns about your health, connecting you with club doctors, psychologists, health practitioners, or the AFLPA wellbeing services.

Club Doctors ●●●●●

Your Club Doctor provide physical and mental health advice. Your Club Doctor may recommend a provider on their assessment of your health needs. They may refer you to a specialist provider and coordinate your care.

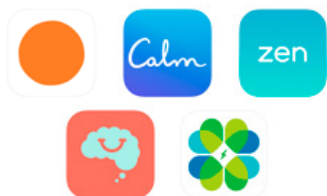
Club Psychologist ●●●●●

Your Club Psychologist may work with you 1:1 to build mental capacity to manage and optimise your mood, sleep, behaviours, relationships and wellbeing. They may also recommend a provider outside the club, based on their assessment of your individual needs.

Self Help Apps ●●

Help support your Mental Fitness.

- » Headspace
- » Calm
- » Zen
- » Smiling Mind
- » Total Brain



Crisis Help

000 or **Your Local Hospital Emergency Department** to access tertiary psychiatric triage or crisis team.

Lifeline

24 hour crisis support and suicide prevention services.

Call **13 11 14** or text **0477 131 114**

External Support

AFLPA Mental Health Navigation Service ●●●●●

The AFLPA's Service is a free and independent resource for players and their significant others, seeking confidential advice, counselling or referral services.

You will be connected to an independent psychologist or psychiatrist.

Contact **1800 448 903** (AEST Office Hours) or email wellbeingservice@alfplayers.com.au

General Practitioner: Mental Health Care Plan ●●●

A support plan for someone who is experiencing mental health issues, referred by a GP/Doctor to an expert, such as a psychologist or mental health consultant.

Individual has access to Medicare rebates for up to 10 individual and 10 group appointments with allied mental health services in a year.

Private Psychologist ●●●●●

You can attend a consultation without a referral, but if you visit a GP, you may be assessed for a Mental Health Plan.

To access this service, make an appointment with a psychologist or with your GP/Doctor.

Headspace ●●

Your local headspace centre provides primary mental healthcare and counselling services for 12-25 years.

headspace.org.au/headspace-centres/

Head to Health ●●

Web directory of all mental health services, websites, apps and phone supports across Australia.

headtohealth.gov.au

Australian Indigenous Psychologists Association ●●●●●

Indigenous Psychologists that can provide face to face or telehealth support for social and emotional wellbeing

indigenopsychology.com.au

Online Support

Headspace e-help ●●

Online chat support for young people aged 12-25. From 9am-1am.

eheadspace.org.au

Beyondblue e-help ●●

Online chat support.

beyondblue.org.au/get-support/get-immediate-support

Mental Health Online ●

Comprehensive and effective online services and programs, free of charge, if you are experiencing mental distress.

mentalhealthonline.org.au

MoodGYM ●

Interactive self help to help you learn and practise skills to prevent and manage symptoms of depression and anxiety.

moodgym.com.au

This Way Up ●

Range of courses and information to help you understand and improve your wellbeing.

thiswayup.org.au

Mind Spot ●

Free effective internet delivered psychological assessment and treatment for stress, anxiety, worry, depression, low mood.

mindspot.org.au

The AFL Mental Health Team are responsible for ensuring you have access to safe and effective mental healthcare.

The team can help you access mental health providers who have the right credentials and are competent.

If you have any concerns or queries about the options available to you, contact wellbeing@afl.com.au