

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 » Not productive at work 	<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making decisions » Feeling overwhelmed by emotions » Using personal or sick leave regularly, not meeting work demands » Withdrawn from friends, family 	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 — 2 Who is your helper? — 3 You have options — 4 Connect and commit

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.

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
A Close friend
Colleagues

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

This could be online or telehealth, or face to face using professional 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

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'.

AFL PlayWell Advice & Support



Our PlayWell health & wellbeing partner is Converge International.

Our people have access to 6 free sessions with a qualified specialist to get advice, support, and practical solutions for issues that impact work, health, and life.

Make a booking

Call 1300 Our EAP (1300 687 327)

info@convergeintl.com.au

PlayWell portal

My MentalFitness App

EAP Connect App

All PlayWell advice and support can be provided face to face, via live chat or phone.

Employee Assist

Support and counselling for a broad range of personal and work related issues.

Manager Assist

Coaching and advice to assist with a variety of people management issues and develop your leadership competencies.

Career Assist

Career development and planning, resume and job seeking assistance, interview skills, vocational counselling.

Conflict Assist

Strategies, tools, and coaching to deal with difficult workplace and personal situations.

Nutrition & Lifestyle Assist

Specialist advice across nutrition, sleep, resilience, mindfulness, addictive behaviours, retirement planning and positive lifestyle changes.

Money Assist

Money management services to help you work through financial wellbeing concerns.

Family Assist

Counselling for your family members needing support across personal and/or lifestyle concerns.

Legal Assist

Up to 2 sessions of expert legal support and advice across family law, tenancy/renting, real estate, consumer disputes and more.

AFL PlayWell Specialist Helplines

Aboriginal and Torres Strait Islander Peoples

Advice and support on indigenous issues, along with referrals to Aboriginal and Torres Strait Islander Services.

1300 287 432

LGBTIQA+

Specialist counsellor and access support for specific issues to LGBTIQA+ people.

1300 542 874

Domestic and Family Violence

Counselling, referral and support around domestic and family violence.

1300 338 465

Eldercare

Advice on aged care issues and referral to specialist resources, along with emotional support when caring for family members and friends.

1300 035 337

Disability and Carers'

Support and referral to state and local resources and services, along with emotional support for carers of those who live with a disability.

1300 243 543

External Support

General Practitioner: Mental Health Care Plan

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

psychology.org.au/Find-a-Psychologist

Head to Health

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

headtohealth.gov.au

Headspace

Your local Headspace centre provides primary mental healthcare and counselling services for young people aged 12-25 years.

headspace.org.au/headspace-centres/

Australian Indigenous Psychologists Association

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

indigenouspsychology.com.au

Phone Support

Kids Helpline

Free, confidential 24/7 online and phone counselling for young people aged 5-25 years, for any issue.

1800 55 1800

Beyondblue

24/7 general mental health and crisis support, as well as resources and information about mental health.

1300 224 636

Suicide Call Back Service

Free, 24/7 counselling for suicide prevention and mental health via phone, online and video for anyone affected by suicidal thoughts.

1300 659 467

Qlife

Anonymous and free LGBTIQA+ peer support and referral for those wanting to talk about sexuality, gender, bodies, feelings or health.

1800 184 527 or webchat at qlife.org.au

1800Respect

For sexual assault, domestic and family violence counselling.

1800 737 732 or 1800respect.org.au

Crisis Support

000 or Your Local Hospital Emergency Department

For tertiary psychiatric triage or crisis team.

Lifeline

24 hour crisis support and suicide prevention services.

Call 13 11 14 or text 0477 131 114

Self Help Online Support

Headspace e-help

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

ehheadspace.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

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 and low mood.

mindspot.org.au

Self Help Apps

My MentalFitness App

Comprehensive mental fitness tool, with personalised results and advice, allowing you to form new habits around mental fitness.

Calm

Reduce stress, promote sleep, practice mindfulness and build your Mental Fitness habits with Calm.

