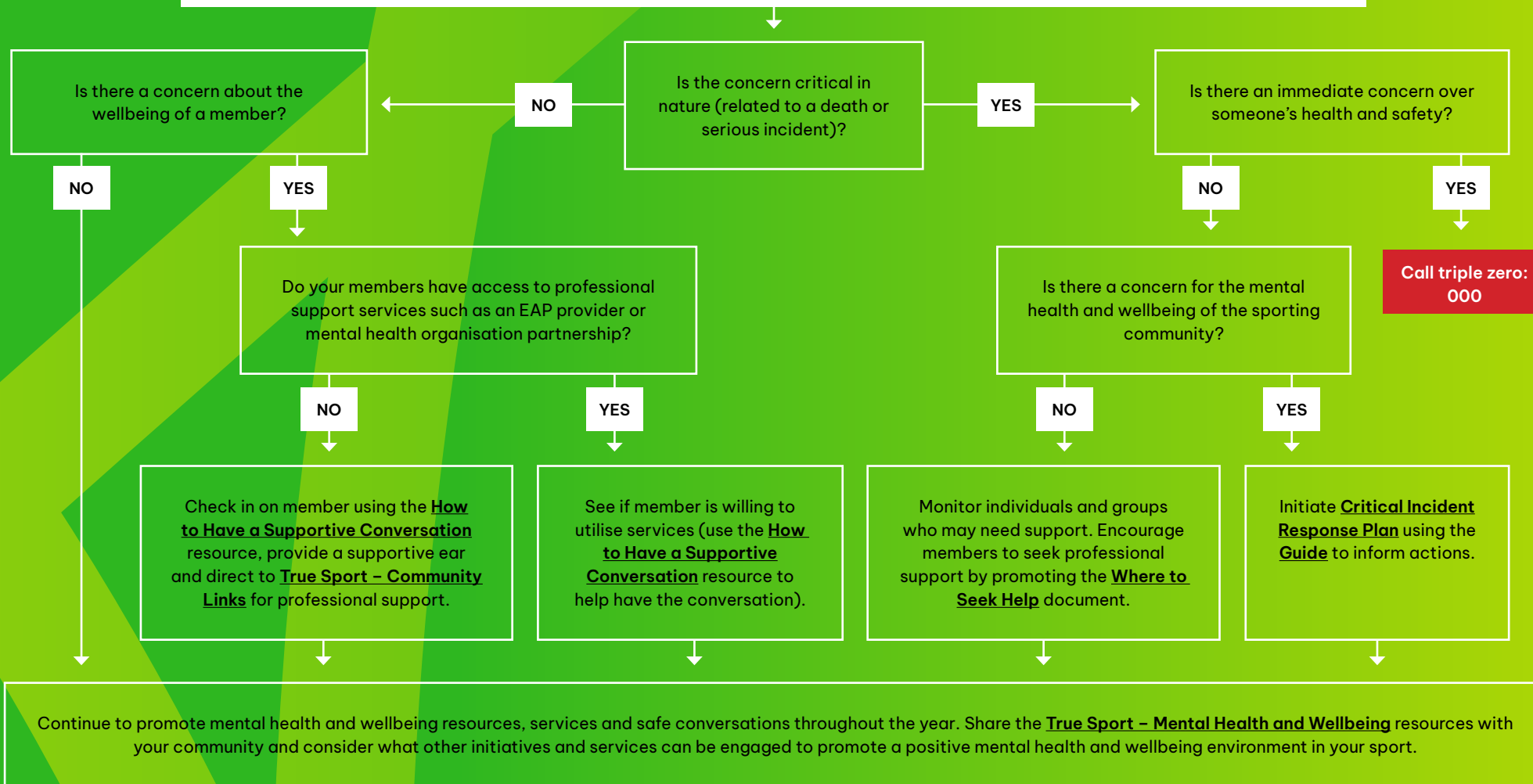


Important Note: Sport administrators and volunteers should not provide mental health guidance beyond their qualifications or training. Best practise is to direct members to professional support such as a GP or helpline, and share resources such as those listed in this document.

HOW TO HELP WHEN YOU FEEL WORRIED ABOUT SOMEONE'S MENTAL HEALTH AND WELLBEING



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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