

WHERE TO SEEK SUPPORT



PlayAFL - Mental Health & Wellbeing

Refer to the list of support options available. Identify those most suitable to you based on where you feel your mental health sits on the scale above. The coloured dots indicate the relevance of the support outlet to your state of mental health. **Click on the support services below.**

IN PERSON

- [VAFA Player Assistance Program](#) ●●
- [Local GP](#) ●●
- [Private Psychologist](#) ●●●●●
- [Headspace](#) ●●
- [Australian Indigenous Psychology Association](#) ●●●●●

ONLINE

- [Headspace e-help](#) ●●
- [Beyond Blue e-help](#) ●●
- [Head to Health](#) ●●
- [Mental Health online](#) ●
- [MoodGYM](#) ●
- [This way Up](#) ●
- [Mind Spot](#) ●
- [The Mental Fitness Challenge](#) ●●
- [Smiling Minds](#) ●●
- [ReachOut](#) ●●
- [Safe Steps - Family Violence](#) ●●●
- [Sexual Assault Crisis line](#) ●●
- [No to Violence](#) ●●●
- [Rainbow Health Australia](#) ●●●●●

UNIVERSITY SERVICES

- [Melbourne University](#) ●●●●
- [Monash University](#) ●●●
- [La Trobe University](#) ●●●
- [RMIT](#) ●●●
- [Victoria University](#) ●●●
- [Swinburne](#) ●●●
- [Deakin University](#) ●●●
- [ACU](#) ●●●

APPS

- [Headspace](#)
- [Calm](#)
- [Smiling minds](#)
- [Zen](#)
- [Total Brain](#)

OVER THE PHONE

- [VAFA Player Assistance Program](#) ●●
- [MensLine Australia](#) ●●
- [Beyond Blue](#) ●●
- [Suicide Call Back service](#) ●●
- [Qlife](#) ●●●●●
- [1800 Respect](#) ●●
- [Gamblers Help](#) ●●
- [National Alcohol & Drug Hotline](#) ●●

CRISIS HELP

000 or Your Local Hospital
Emergency Department

Lifeline - 24 hour crisis support
Call **131114** or Text **0477131114**

13 YARN (13 9276) - 24 hour crisis
support for ATSI people

Suicide Call Back Service - For
anyone affected by suicidal
thoughts **1300 659467**

