

Additional & Supporting information for your Club or Community

Depression:



We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much. Whatever it may be, sharing the load with someone else can really help. So no matter who you are, or how you're feeling, you can talk it through with us – we'll point you in the right direction so you can seek further support.

Call: 1300 224 636

Website: <https://www.beyondblue.org.au>

Stress & Anxiety:



There's a difference between good stress and bad stress. Good stress can help you get through tough situations because you're alert and ready to face the thing you're anxious about. Bad stress is when you feel uptight and nervous all the bloody time. Stress relief is about finding ways to manage your anxiety. There's plenty of info on it here – plus what could be going on if it's something more serious.

Website: <http://au.reachout.com/tough-times/somethings-not-right/stress-and-anxiety>

Family Violence & Sexual Assault:



Have you experienced sexual assault, domestic or family violence? You're not alone. Counselling, information and support are available. Find services and resources that can help in your state.

Call: 1800 737 732

Website: www.1800respect.org.au/service-support/south-australian-domestic-family-violence-and-sexual-assault-services/#link5

Support:



Having a tough time and need someone to talk to right now? The following services are there to listen and help you out. They are confidential and available 24/7. For all ages. Phone counselling, online web chat.

Call: 13 11 14

Website: www.lifeline.org.au



To talk to someone about anything that's going on in your life. Ages 5-25. Phone counselling 24/7. Online web chat and email.

Call: 1800 55 1800

Website: www.kidshelp.com.au

**SUICIDE
CALL BACK
SERVICE**
free telephone
counselling

Support if you, or someone you know, is feeling suicidal. For all ages. Phone counselling 24/7. Online web chat.

Call: 1300 65 94 67

Website: www.suicidecallbackservice.org.au

Drug & Alcohol Services:



If your drinking is harming yourself or others, it may be time to contact one of the many services that can help. You could speak to your GP, local health service or call a helpline. There are trained telephone counsellors available in every Australian state and territory.

Website: <https://drinkwise.org.au/drinking-and-you/support-services-adults>

Financial Help:



Financial counselling is a free service offered by community organisations, community legal centres and some government agencies. Financial counsellors can help you solve your money problems.

Call: 1800 007 007

Website: www.moneysmart.gov.au/managing-your-money/managing-debts/financial-counselling

Gambling:



Seek Help

Recognise the Signs

Find out if you have a gambling problem

You are not alone – read real stories

Call: 1800 858 858 for support, information and counselling

Website: <http://gamblinghelponline.org.au>

Homelessness & Hardship:



Red Cross believes that everyone deserves a home that is safe, secure and affordable. In an average year, Red Cross helps 2180 people to find housing, supports 1360 people at risk of becoming homeless, and provides 43,400 meals to people experiencing hardship.

Website: www.redcross.org.au/homelessness.aspx

Mental & Physical Health:



OnTrack is a website offering online psychology services including; free online treatment programs, information and facts about mental and physical health, information and advice on where to get help, access to quizzes with immediate feedback.

Website: www.ontrack.org.au/web/ontrack



mindhealthconnect is the easy way to find mental health and wellbeing information, support and services from Australia's leading health providers, together in one place. Supported by the Australian Government, mindhealthconnect helps you to find information you can trust.

Website: www.mindhealthconnect.org.au



Men's Shed Association
Spanner in the Works

Spanner in the Works' is a Men's Health initiative by the Australian Men's Shed Association provides some key health messages to men in a form that is understandable and achievable.

Website: <http://malehealth.org.au>

Relationships:



Men's Line Australia is available 24 hours a day, seven days a week, with professional counsellors providing confidential and anonymous information and support for all relationship issues.

Call us on 1300 78 99 78 or register for online counselling.

Call: 1300 78 99 78

Website: <https://www.mensline.org.au>



Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships.

Call: 1300 364 277

Website: www.relationships.org.au

Sports Chaplain:



Sports Chaplaincy Australia

Sports Chaplaincy Australia is the leading recognised body providing chaplains to high-performance, development and local sports throughout Australia since 1984.

A Chaplain is a trusted, authentic, caring person. They are trained in sports pastoral care to assist sports communities provide genuine care for their players and members.

Website: www.sportschaplaincy.com.au

What can we do to help our community to reduce collective anxiety and manage individuals who are distressed at this time?

There are a range of ways in which people in the community can reduce collective anxiety and manage individuals who are distressed. For example:

1. Practice and model self-management of stress

- Engage in breathing exercises throughout the day to maintain a calm state. Establish a calm ritual: every time you wash hands for 20 seconds, count 5 calming breaths
- Rest regularly (both mentally and physically), and maintain good sleep hygiene
- Maintain good social connections and communicate openly with family and friends
- Continue enjoyable activities and hobbies, including exercise (especially if in isolation)
- Balance time spent on reading or listening to news on COVID-19 with other activities such as listening to music, reading, watching TV
- Get quality sleep and avoiding the use of alcohol or other vices to cope with stress
- Practice relaxation, meditation and mindfulness every day to settle the body and readjust to a calm state

2. Limit media exposure to reliable sources

- Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's health alert or other trusted organisations such as the World Health Organization (<https://bit.ly/3cQUwCw>)
- Remind your players that social media, whilst it may be the most up-to-date news it may not be the most factual information source.

3. Keep things in perspective

- Distract when notice catastrophising (blowing things out of proportion)
- Distract when notice personalising the situation (blaming yourself for things outside your control)
- Take a problem-solving stance regularly i.e. don't make a judgment without supporting information
- Take different perspectives (view your situation from other people's point of view)
- Focus on what you can do (hand hygiene, practicing wellbeing strategies) and accept the things you can't change (global responses)
- Focus on facts - illness due to COVID-19 infection is usually mild and most people recover without needing specialised treatment
- Impacts of COVID-19 are time limited
- Take a compassionate stance: we all have a role to play to reduce transmission to protect the vulnerable in our community and our healthcare workers.