



FEELING STRESSED, ANXIOUS, DEPRESSED?

It helps to talk to someone.

Try a friend, partner or family member, or call the Mental Health Referral Network on 02 6214 1130.

The Mental Health Referral Network provides Australian Institute of Sport (AIS) funded athletes with access to AIS-endorsed psychologists and mental health practitioners across the country.

If you know an athlete who is struggling emotionally, please refer them to this service.

Talk to a trained psychologist who understands the challenges you face as an elite athlete.

02 6214 1130
mentalhealth@sportaus.gov.au
SportAUS.gov.au/ais/MHRN