



EDFL Trainers Association

Mental Health Resources

Additional information on mental health illness and support pathways go to:

Tackle Your Feelings

Tackle Your Feelings is a free mental health training program for community football players and coaches, as well as committee members, umpires and other club support staff.

Click [Home - Tackle Your Feelings : Tackle Your Feelings](#)

Lifeline

Provides 24 hour, 365 days per year crisis support and suicide prevention service. It is free and offers immediate phone, text, or chat support for those in need.

Click [here to visit the Lifeline website](#) or call 13 11 14

Headspace

A national youth mental health support service that provides mental health assistance to individuals aged 12-25 years.

Click [here to visit the Headspace website](#) and find a center near you

Beyond Blue

Supports Australians to protect their mental health through education and awareness.

Click [here to visit the Beyond Blue website](#) or call 1300 22 4636

This Way Up

A national provider of evidence-based, online self-help Cognitive Behavioral Therapy (CBT) programs and mental health educational resources.

Click [here to visit the This Way Up website](#) or call (02) 8382 1437