

EDFL Trainers Consultative Group

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](#)

SALT

SALT supports sporting clubs to build a healthier culture. Through sessions for players and guidance for leaders and families, we help strengthen respect, belonging, and wellbeing across the season, giving committees a clear, manageable way to set expectations and respond when challenges arise.

Click sportandlifetraining.org.au or call 1300 980 424

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 centre 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 Behavioural Therapy (CBT) programs and mental health educational resources.

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