

& MENTAL HEALTH WELLBEING



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STRUGGLING

COPING

THRIVING

- Excessive anxiety, easily enraged, depressed mood
- Unable to fall/stay asleep
- Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

- Anxiety, anger, pervasive sadness, hopelessness
- Restless or disturbed sleep
- Fatigue, aches and pains
- Decreased performance, presenteeism
- Social avoidance or withdrawal

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy, muscle tension, headaches
- Procrastination
- Decreased social activity

- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Consistent performance
- Socially active

Source: Mental Health Continuum (Mental Health Commission of Canada, 'The Working Mind' program)

AFLPA MENTAL HEALTH NAVIGATION SERVICE

- ✓ Independent, confidential, player focused service
- ✓ Access a network of experienced, AHPRA registered psychologists & psychiatrists
- ✓ Sessions delivered one-on-one, away from the club, by non-club affiliated providers
- ✓ Service provided at no direct cost to AFLPA members
- ✓ AFLPA members are provided with choice and control regarding service engagement

CURRENT MALE

CURRENT FEMALE

PAST PLAYERS



WHO CAN CONTACT THIS SERVICE?

AFL players
Partners / significant others
Family members
AFLPA Regional Managers

AFL past players
Football Dpt. staff
Club doctors
Club psychologists



WHAT ARE THE COMMON ISSUES?

Mental health eg. Adjustments, anxiety, substance abuse
Stress / transition eg. Relationships, grief/loss
General wellbeing eg. Mindfulness, resilience

CONNECTING MEMBERS TO A NETWORK OF ALMOST 300 MENTAL HEALTH EXPERTS



CONTACT THE AFLPA MENTAL HEALTH NAVIGATION SERVICE TEAM



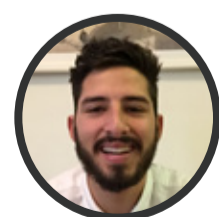
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