

# & MENTAL HEALTH WELLBEING



aflplayers.com.au

STRUGGLING

COPING

THRIVING

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

## AFLPA MENTAL HEALTH NAVIGATOR 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

**Contact: 1800 448 903** (AEST office hours)  
or email  
**wellbeingservice@aflplayers.com.au**

### WHO CAN CONTACT THIS SERVICE?



AFL/AFLW players  
Partners  
Family members  
AFLPA Regional Managers

AFL/AFLW past players  
Player development 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  
350+ MENTAL HEALTH EXPERTS**