

In an Emergency Dial 000

For support call Lifeline 13 11 14

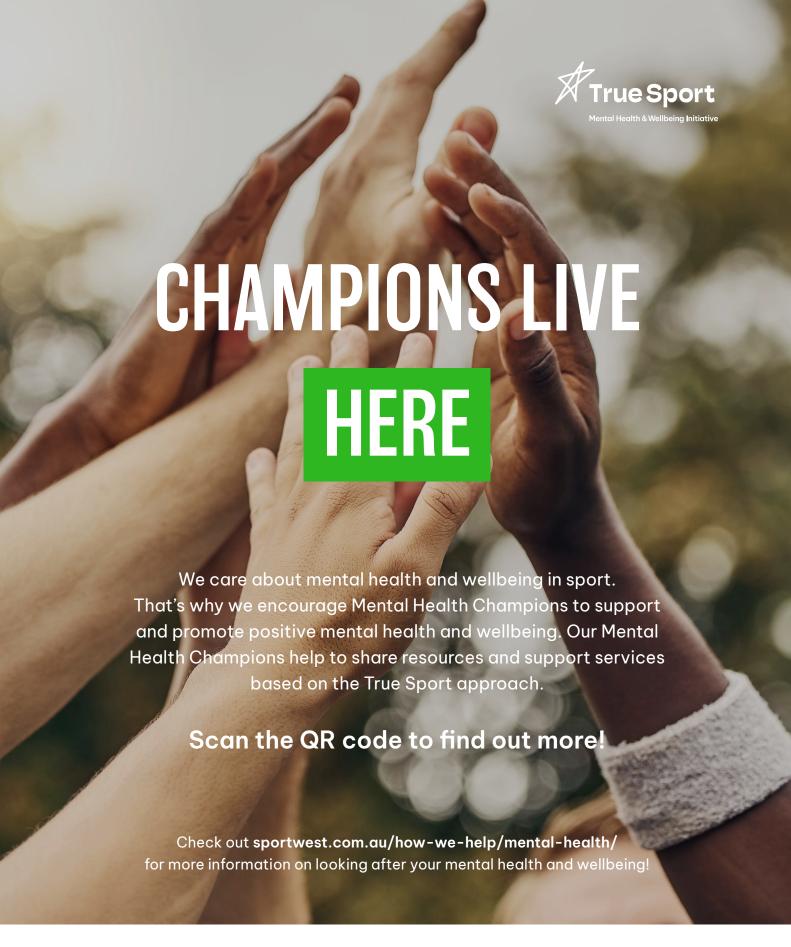
or visit <u>True Sport – Community Links</u> for more services.





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CHAMPIONS WANTED!

Become a Mental Health Champion in your sport by promoting and supporting positive mental health and wellbeing in the community. All that's needed is a desire to help and a positive attitude! All resources, training, and information needed are provided via the True Sport - Mental Health and Wellbeing eToolkits.

Scan the QR code below to find out more!

Check out sportwest.com.au/how-we-help/mental-health/ for more information on looking after your mental health and wellbeing!

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