

# NEED SOME MENTAL HEALTH AND WELLBEING HELP?

Contact your Mental Health Champion  
for resources and support on looking  
after your mental health and wellbeing!

Check out [sportwest.com.au/how-we-help/mental-health/](https://sportwest.com.au/how-we-help/mental-health/)  
for more information on looking after your mental health and wellbeing!

**In an Emergency Dial 000**  
**For support call Lifeline 13 11 14**  
**or visit True Sport – Community Links for more services.**



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# CHAMPIONS LIVE HERE

We care about mental health and wellbeing in sport. That's why we encourage Mental Health Champions to support and promote positive mental health and wellbeing. Our Mental Health Champions help to share resources and support services based on the True Sport approach.

**Scan the QR code to find out more!**

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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!**

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