









WELLBEING CHECK IN

Basketball Victoria understands the significance of creating a safe and supportive environment for all members. It is essential to prioritise self-care and seek help when needed. Remember that it is okay to reach out for support and assistance.

If you are in need of local resources or support, here are some suggestions on where to find help:

- 1. Local Counselling Services:** Consider reaching out to local counselling services or therapists who can provide support for any challenges you may be facing. They can offer guidance, coping strategies, and a safe space to discuss your concerns.
- 2. Community Support Groups:** Explore community support groups that focus on mental health, well-being, or specific issues you may be experiencing. Connecting with others who understand your struggles can be comforting and empowering.
- 3. Helplines Hotlines and Websites:** There are helplines, hotlines and websites available for immediate support and assistance. These resources are confidential and can offer guidance on a wide range of issues, including mental health, crisis intervention, and emotional support.

 13 11 14 https://www.lifeline.org.au/	 1800 551 800 https://kidshelpline.com.au/
 1800 737 732 https://www.1800respect.org.au/	 1800 224 636 https://www.beyondblue.org.au/
 1300 789 987 https://mensline.org.au/	 1800 650 890 https://headspace.org.au/

It is important to remember that seeking help is a sign of strength, and you are not alone in facing challenges. Your wellbeing matters, and support is available to help you navigate difficult situations or times.

Take care of yourself and remember that your health is important.