

MENTAL HEALTH REFERRAL NETWORK EVALUATION



THE SNAPSHOT

The AIS Mental Health Referral Network (MHRN) offers free, confidential mental health support to high performance athletes, coaches and support staff.

The MHRN team consists of psychologists and other mental health clinicians who specialise in a wide range of areas such as depression, anxiety, trauma and disordered eating.


Since launching in 2018 the service has helped more than twelve hundred people. Furthermore, in early 2022 the AIS commissioned an independent evaluation of the service which revealed that the MHRN is making a real impact.



THE DEMOGRAPHICS

84 individuals completed the survey and 24 of those undertook an interview.

 **65** athletes


 **7** coaches


 **10** high performance staff


 **2** sports administrators





THE RESULTS


 90% of people were likely to recommend the service


 The service has helped improve people's mental health

 People valued that the service was free and the support given was timely

 People valued the clinician's knowledge about high performance settings

 People valued having the MHRN being independent and external to their sport

 The service was the first touchpoint for mental health support for nearly a third of people

 A number of people stated that the service had "saved their life"

GET SUPPORT

AIS Mental Health Referral Network | mentalhealth@ausport.gov.au
02 6214 1130 (Monday-Friday 9am-5pm AEDT)

You may also wish to contact your psychologist, doctor, athlete wellbeing & engagement manager, or Lifeline Australia www.lifeline.org.au

EMERGENCY 24/7 SUPPORT Lifeline: 13 11 14 | Emergency services: 000



NEXT STEPS

Following the 2022 evaluation the AIS is now looking into:

- Having additional clinicians who specialise in a wider range of mental health areas so that people have more choice
- Raising awareness about the service so that more athletes, coaches and support staff can receive the help they need