



WE'RE IN YOUR CORNER

The AIS Mental Health Referral Network (MHRN) is a group of expert psychologists and mental health clinicians who understand the pressures and complexity of life in a high performance setting.

Whether you're an athlete, a coach or a support staff member, they can assist when things are tough or if you want some advice on how to improve your wellbeing.

Talking to someone makes a difference.

Connect with the MHRN to access free and confidential support for yourself or to refer someone else.

Take that first step.

AIS Mental Health Referral Network

Phone: +61 2 6214 1130 (Monday–Friday 9am–5pm AET)

Email: mentalhealth@sportaus.gov.au

