

# SUPPORTING THE MENTAL HEALTH AND WELLBEING OF HIGH PERFORMANCE INDIVIDUALS

## **At any given time, millions of Australians are living with a mental illness.**

High performance athletes, coaches and support staff face unique pressures and challenges that can affect their mental health.

The AIS provides a range of wellbeing resources and initiatives to support people in the high performance system to live their best life.

The AIS Mental Health Referral Network (MHRN) is a group of expert psychologists, psychiatrists and neuropsychologists across the country who understand the complexity of life in a high performance setting.

They can assist when things are tough or if you want some advice on how to further improve your wellbeing.

### ***Talking to someone makes a difference.***

You can connect with the MHRN for free and confidential support for yourself or someone else.



## How can the MHRN help?

MHRN's highly skilled clinicians — selected because of their success at helping high performance people in managing life's pressures — can deliver services ranging from improving your mental wellbeing to comprehensive clinical treatment plans.

They can help with:

- > Managing stress and anxiety
- > Improving your relationships
- > Depression
- > Managing thoughts and emotions when transitioning into and out of sport
- > Dealing with relocation
- > Increasing your wellbeing to manage life's stressful times
- > Body image
- > Concerns about COVID-19
- > Maximising your wellbeing
- > Worries affecting day-to-day life
- > Negative thoughts and emotions
- > Any other mental health concerns

The MHRN is not an emergency call service. If you are concerned about yourself or someone else and it's urgent, please call Lifeline on 13 11 14 for immediate 24/7 support. If someone's safety is in danger, please call 000.



## Who can use the service?

MHRN services are available to:

- > categorised athletes
- > alumni
- > coaches
- > support staff engaged in the Daily Training Environment (DTE) (e.g. but not limited to physiotherapists, dieticians, medical staff, high performance directors and athlete wellbeing and engagement managers).

You can contact the MHRN about issues you're experiencing or if you're worried about someone else. Anyone is able to make a referral on someone's behalf - this could include friends, family members, staff from sporting organisations, medical practitioners and allied health professionals.



## What happens when you contact the MHRN?

When you call or email the MHRN, a qualified psychologist will discuss your concerns and circumstances. Then, they will connect you (or the person you are referring) to the most suitable psychologist or mental health clinician, based on their expertise and location.

From this point, you (or the person you are referring) will deal directly with the clinician. You receive an initial 6 sessions, but additional sessions are available if further support is needed.

And remember, it's **free and it's confidential**\*.

### Take that first step

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

Email: [mentalhealth@sportaus.gov.au](mailto:mentalhealth@sportaus.gov.au)

For more information visit [ais.gov.au/mhrn](https://ais.gov.au/mhrn)

*\*The MHRN is a voluntary service which means we only work with people who provide their consent. Your information is protected by law which we take very seriously. When you talk to us, what you say is confidential. This means we can only pass information on with your consent. There are some exceptions to this. If we're seriously worried about your safety or the safety of others we are legally required to keep everyone safe. This means we might have to share our concerns with someone else. Talk to your MHRN clinician about confidentiality to make sure you understand how it works.*

**AIS.gov.au**



**@theAIS #theAIS**