

How To Seek Mental Health Support

Effectively managing your mental health is important for giving yourself the best opportunity to achieve peak performance and enhanced overall wellbeing. If you're facing challenges, know that support is available.

Here's a guide to accessing mental health resources in South Australia:

Crisis Support

If you or someone else is in
immediate danger

Call 000

or your local hospital
Emergency Department

Mental Health Triage Service

24/7 South Australian mental health
service access & provides advice
and information in emergencies.

Call 13 14 65

**Categorised athletes, have access to the AIS
Mental Health Referral Network (MHRN) for
free psychological support.**

The AIS MHRN is a group of expert psychologists, psychiatrists and neuropsychologists 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.

Categorised athletes can contact the MHRN directly

Phone: +61 2 6214 1130 Email: mentalhealth@sportaus.gov.au

Or you can be referred by your coach OR the SASI AWE Adviser jenny.borlase@sa.gov.au.

External Support

General Practitioner: Mental Health Care Plan

A support plan for those experiencing mental health issues, referred by a GP/Doctor to an expert, such as a psychologist or mental health consultant. If you are not sure what you need, a GP is a good first step.

Private Psychologist

You can attend a consultation without a referral, but if you visit a GP, you may be assessed for a Mental Health Plan which will enable you to access a rebate on your session fee.
psychology.org.au/Find-a-Psychologist

Headspace

Your local Headspace centre provides free primary mental healthcare and counselling services for young people aged 12-25 years. Online support also available.
headspace.org.au/headspace-centres/

Medicare Mental Health

Web directory of all Australian mental health services, websites, apps and phone supports.
medicarementalhealth.gov.au

General Support

Lifeline: 24/7 crisis support & suicide prevention services

Call 13 11 14, text 0477 131 114 or online

Beyond Blue: 24/7 crisis support & suicide prevention services

Call 1300 22 4636 or online

Australian Indigenous Psychologists Association

Indigenous Psychologists that can provide face to face or telehealth support for social and emotional wellbeing.

indigenoupsychology.com.au

Regional Access: A free counseling service for those living or working in regional, rural, or remote South Australia.

Call 1300 032 186 or online

Qlife: Anonymous and free LGBTIQ+ peer support and referral for those wanting to talk about sexuality, gender, bodies, feelings or health.

1800 184 527 or webchat at qlife.org.au

1800Respect: For sexual assault, domestic and family violence counselling.

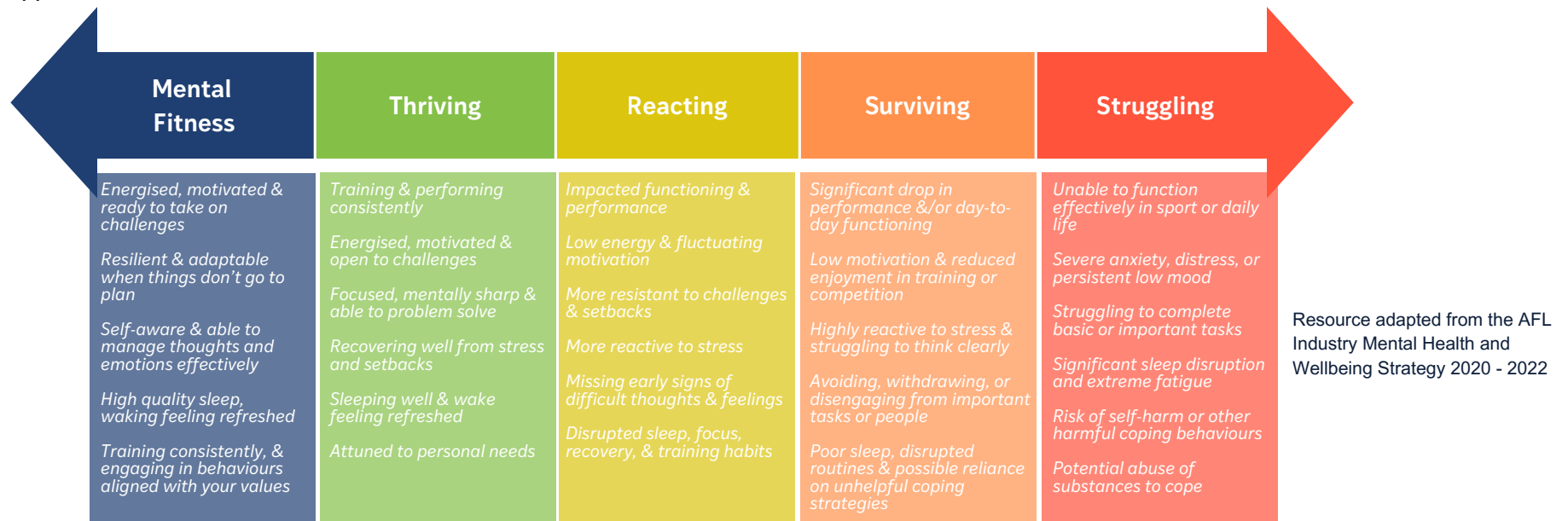
call 1800 737 732 text 1800 737 732

1800respect.org.au

Understanding the Mental Health Continuum in Sport

Mental health in sport exists on a continuum. Just like physical health, it can fluctuate over time. Athletes may move between states depending on life demands, training load, competition pressure, injury, relationships, recovery and other life challenges.

Experiencing a wide range of emotions in sport is normal. Nerves before competition, frustration after mistakes, dips in motivation, and periods of high confidence are all part of the performance journey. Movement along the continuum does not mean failure, it reflects how internal and external stressors are interacting at a given time. The Mental Health Continuum can be a useful tool to help you identify when you might be thriving, struggling and when you might need some extra support.



Certain transition periods can increase vulnerability, including:

- Entry into sport (new team, relocation, academy selection)
- Within-sport transitions (change in competitive level, injury, non-selection, increased expectations, balancing education or work)
- Personal life changes (relationships, family circumstances, financial stress)
- Exit or retirement from sport, planned or unplanned

These periods often involve identity shifts, uncertainty, and changes in routine or support networks. If you are finding specific challenges are becoming overwhelming, please reach out to SASI Dr, SASI AWE, your program psychologist or coach, or a trusted staff member who will be able to help you navigate next steps.