

# DO YOU NEED A HAND?

IF YOU'RE FEELING OFF YOUR GAME OR YOU'RE WORRIED ABOUT A TEAM MATE, THESE SERVICES CAN HELP

**IN CASE OF EMERGENCY CALL 000 OR 112 FOR MOBILE**

## MENTAL HEALTH SERVICES


## ALCOHOL AND DRUGS SERVICES


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## CRISIS NUMBERS - SUICIDE


## OTHER SUPPORT SERVICES


## YOUR CLUB
