

Mental Health Resources and Information for Integrity Proceedings

Integrity policies, and subsequent investigations and sanctions, are an essential tool in keeping our sport a safe, inclusive and fair environment for all. While Basketball Australia (BA) takes steps to avoid harm to individuals during these investigations and sanctions, it recognises that for those involved it can be inherently stressful. This document outlines key considerations to support an individual's own wellbeing during these necessary procedures, and BA strongly encourages individuals to use support services available to them.

When we talk about mental health, we often think negatively on the topic, correlating it with mental illness. It is important to note that our mental health exists across a **mental health continuum** (WHO, Keyes) that changes and fluctuates regularly based on a range of factors in our life. Mental health can and should be seen as a positive part of a person's life and something that can be used as a strength to deal with stressful life events and day to day stressors while continuing to manage and flourish. Events within our life may at times of course, move us further down the continuum towards suffering, this is to be expected, however the longer that individuals stay at the bottom end of the continuum the more likely they are to develop a mental illness or have poor quality of life.

Supporting positive mental health can mean employing a range of strategies, across domains in your life (such as financial, social, career, spiritual, emotional etc.) and doing so can help ensure you are in a robust position to handle both the expected and unexpected stress of life.

Whether related to an integrity issue or not, we strongly encourage you to recognise when you are not coping and reach out to a support service listed on the next page.

You may recognise you are not coping if you:

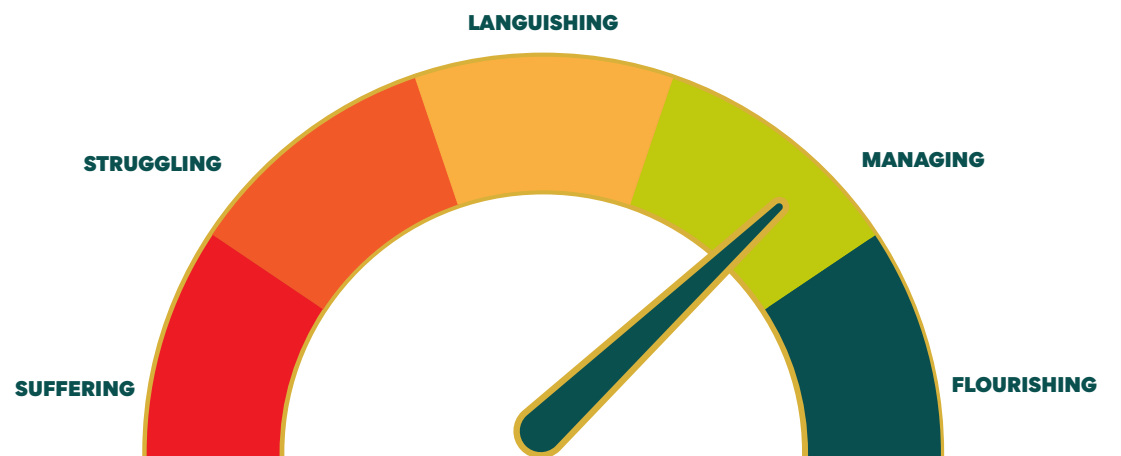
- Find yourself struggling to get out of the bottom end of the continuum,
- Are experiencing limited or no periods of flourishing
- Are struggling with day-to-day activities, tasks or stress
- Are experience thoughts of self-harm or suicide

Reaching out can be overwhelming, or it may be difficult to know where to start. It is important to know there are a range of services available to support mental health, both building positive mental health and managing negative mental health and mental illness. Please see overleaf some resources that you can navigate, and access as required to suit your individual needs.

EMERGENCY SUPPORT

If you are concerned for your safety or in need of urgent care, please immediately action one of the below:

- call an ambulance on 000
- present to your local hospital emergency department
- call lifeline on 13 11 44 or text 0477 131 114



IN PERSON

General Practitioner Mental Health Plan

Use this link to find out more about GP Mental Health Plans and book an appointment with a local GP to discuss access and support (this may also take place over telehealth if preferred)

[FIND OUT MORE](#)

Psychologists

Find a psychologist through this online directory.

[FIND OUT MORE](#)

Social Workers

Find a Social Worker through this online directory.

[FIND OUT MORE](#)

Psychiatrists

Find a psychiatrist through this online directory.

[FIND OUT MORE](#)

ONLINE

Digital Mental Health Support

A suite of digital mental health resources and support services.

[FIND OUT MORE](#)

Headspace e-help

Connect online 1:1 with a mental health clinician.

[FIND OUT MORE](#)

Beyond Blue e-help

Connect online to resources, mental health clinicians or other community members.

[FIND OUT MORE](#)

Head to Health

Online resource to evaluate symptoms and refer you to appropriate support mechanisms.

[FIND OUT MORE](#)

Q-Life e-help and referrals

An online mental health clinician resource for members of the LGBTIQ+ community.

[FIND OUT MORE](#)

WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People.

[FIND OUT MORE](#)

OVER THE PHONE



24 Hours Australia Wide
Phone: 13 11 14
Web: www.lifeline.org.au



24 Hours Australia Wide
Phone: 13 92 76
Web: www.13yarn.org.au To talk to an Aboriginal and/or Torres Strait Islander crisis support worker.



24 Hours Australia Wide
Phone: 1300 224 636
Web: www.beyondblue.org.au



9am – 1am AEST Everyday
Phone: 1800 650 890
Web: www.headspace.org.au



#1800 55 1800 For children to talk with an experienced counsellor about issues or feelings they may be facing.