



Dingley Football Netball Club

ABN 71 844 518 008

Souter Oval, Marcus Road

P.O. Box 47

Dingley Village, Victoria 3172

<http://www.dingleyfc.com.au>

Club Policy – Welfare Health

Date: 20th May, 2024.

Objectives

The Dingley Football Netball Club acknowledges that at times Coaches, Officials, Members and Supporters may at times be struggling with their mental health due to a number of reasons. The Dingley Football Netball Club recommends you don't go it alone and reach out to the following organisations should you be struggling with your welfare health.

Need to talk to someone?

Don't go it alone. Please reach out for help.

Lifeline: 13 11 14 or lifeline.org.au

Beyond Blue: 1300 22 4636 or beyondblue.org.au

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

Headspace: 1800 650 890 or headspace.org.au

13YARN: Speak to Aboriginal and Torres Strait Islander crisis supporter on 13 92 76 or visit 13yarn.org.au

Are you anxious? Take the [Beyond Blue quiz](#) to see how you're tracking and whether you could benefit from support



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Where to find help

If you or someone you know is experiencing sexual abuse or family violence contact:

- National Sexual Assault, Domestic Violence Counselling Service 24-hour helpline 1800 RESPECT on 1800 737 732
- 24-hour Emergency Accommodation helpline on 1800 800 588
- Safe At Home helpline on 1800 633 937
- National Violence and Abuse Trauma Counselling and Recovery Service on 1800 FULLSTOP (1800 385 578). They also have a specific line for the LGBTIQ+ community called the Rainbow Sexual, Domestic and Family Violence Helpline on 1800 497 212
- SHE (free and confidential counselling and support) on 6278 9090
- Sexual Assault Support Services on 6231 1811, or after hours 6231 1817
- Family Violence Crisis and Support Service on 1800 608 122
- Bravehearts – Sexual Assault Support for Children on 1800 BRAVE 1
- Kids Helpline is for young people aged 5 to 25 on 1800 551 800

Don't go it alone. Please reach out for help by contacting Lifeline on 13 11 14

- Men who have anger, relationship or parenting issues, should contact the Men's Referral Service on 1300 766 491 or the Don't Become That Manhelpline on 1300 243 413

Dingley Football Netball Club.
Executive Committee

20th May, 2024