



Sport & Wellbeing Presentations

One in four young people have experienced a mental health issue in the past 12 months – a higher prevalence than all other age groups.

headspace Albury Wodonga offer presentations to local sporting groups, that increase positive mental health in our sporting communities.

Presentations are an opportunity to start a conversation, provide direction for professional support and support clubs when managing associated issues.

For more information contact

Bree Cross

Community Development Worker

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Player Group Presentation covers;

- Mental Health Vs Mental Illness
- Skills for a healthy headspace
- How to help a mate
- Where to get help

Committee, Coaches, Leadership Groups Presentation covers;

- Mental Health Vs Mental Illness
- What affects a young persons mental health
- Warning signs
- How to help
- Where to go for help

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headspace Albury Wodonga lead agency is Gateway Health

