



# WELFARE CONTACT LIST OUTBACK



Position	Name	Contact Details
Welfare and Education Manager	Trish Drummond	Phone: 04480890 021 Email: <a href="mailto:tdrummond@qrl.com.au">tdrummond@qrl.com.au</a>
Lifeline		13 11 14 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Beyond Blue		1300 360 364 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Mensline		1300 78 99 78
Blackdog Institute		<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
Mental Health Connect		<a href="http://www.mentalhealthconnect.org.au">www.mentalhealthconnect.org.au</a>
Headspace Youth 12-25		<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>
Free Service look after: Mental Health/ Counselling		1800 650 890
Sexual Health		
Alcohol and Drug Services		
Youth Programs		
School Support		
Aboriginal Group Leader- Roma	Lane Brookes	0457 008 380
Aboriginal Liaison Officer- St George	Chris Lamb	0456 115 150
Operations Manager	Peter Rafter	0430 303 6430
NRL Game Development	Grant Bignell	<a href="mailto:gbignell@nrl.com.au">gbignell@nrl.com.au</a>
Club Support Mentor	Lennie Currie	0467 044 691



# WELFARE AND EDUCATION PRESENTATIONS



NRL Presentations	Topics	Duration	Age group
ASADA Anti-doping	Check your substances	30mins	16+ rep players
Better Choices	"Facing Time"	30mins	16+
	"Foul Play"	30mins	16+
	"Put a cap on it"	30mins	16+
	"Cyber Bullying"	30mins	16+
	"My Castle"	30mins	16+
Respectful Relationships	Respect for self, others and relationships	30-45mins	18+
Careerwise	Helping plan education goals	2-3x 1hr	16-18
Wellbeing Process	Overall Wellbeing	4x45mins	NYC & NRL
<b>QRL Central Division Presentations</b>			
Everything presentation	Equality	30-45mins	16+
	Importance of Education		
	Social Media		
	Sexting		
	Drugs and Alcohol		
	Few ASADA slides		
Resilience	How to be more resilient	30mins	14+
	Examples of resilient people		
Social Media Awareness	Types of Social Media	30mins	18+
	What can happen		
	How to be safe		
	How to use right		
Conflict and Conflict Resolution	Types of Conflict	30-45mins	18+
	Languages between Men and Women		
	Ways to resolve conflict		
	How to create the right environment		
Basic Nutrition for Athletes	Education	30-45mins	16+
	Recovery		
	Food Groups		
	Hydration		
	Alcohol		
	General Advice		

## DEFINITION OF A CRITICAL INCIDENT AND OR INJURY

A Critical Incident is any event or circumstances that cause people to experience uncharacteristically strong emotional or psychological distress which has the potential to interfere with their ability to function either at the time of the event or later or endangers the health and well-being of players, match officials, volunteers, sponsors and spectators or endangers property.

**CRITICAL INCIDENT ASSESSMENT  
FLOW CHART**



