



WELFARE CONTACT LIST

CENTRAL HIGHLANDS



Support Services		Contact Details
Lifeline		13 11 14 www.lifeline.org.au
Beyond Blue		1300 360 364 www.beyondblue.org.au
Men’s Line		1300 78 99 78
Black Dog Institute		www.blackdoginstitute.org.au
Mental Health Connect		www.mentalhealthconnect.org.au
Headspace Youth 12-25		www.eheadspace.org.au
Free Service providing:		1800 650 890
Mental Health/ Counselling		Nearest Centre:
Sexual Health		155 Alma Street
Alcohol and Drug Services		ROCKHAMPTON QLD 4700
Youth Programs		
School Support		
QRL Welfare Contact Details – Central Highlands Region		
Position	Name	Contact Details
QRL Central Division Welfare and Education Manager	Trish Drummond	0448 890 021 t.drummond@qrl.com.au
QRL Operations Manager	Cameron Stallard	0467 663 762 c.stallard@qrl.com.au
League Chairman – Senior	Frank Lambley	0409 629 042 president@chrugbyleague.com.au
League Chairman – Junior	Andrew Finlay	0407 822 504 chairman.chjrl@bigpond.com
NRL Game Development Officer	Sally Galloway	0402 892 838 sgalloway@nrl.com.au
NRL Game Development Officer	Steve Hamilton	0408 188 204 shamilton@nrl.com.au
Club Support Mentor	PJ Marsh	0416 481 483



WELFARE AND EDUCATION PRESENTATIONS

Presentation	Topics	Duration	Age Group
NRL Presentations			
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+
Career-Wise	Helping plan education goals	2-3x 1hr	16-18
Wellbeing Process	Overall Wellbeing	4x45mins	NYC & NRL
QRL Central Division Presentations			
Everything Presentation	Equality Importance of Education Social Media Sexting Drugs and Alcohol Few ASADA slides	30-45mins	16+
Resilience	How to be more resilient Examples of resilient people	30mins	14+
Social Media Awareness	Types of Social Media: What can happen How to be safe How to use correctly	30mins	18+
Conflict and Conflict Resolution	Types of Conflict: Languages between Men and Women Ways to resolve conflict How to create the right environment	30-45mins	18+
Basic Nutrition for Athletes	Education Recovery Food Groups Hydration Alcohol General Advice	30-45mins	16+

DEFINITION OF A CRITICAL INCIDENT AND/OR INJURY

A Critical Incident is any event or circumstance(s) 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

