



WELFARE CONTACT LIST ROCKHAMPTON-CENTRAL HIGHLANDS



Position	Name	Contact Details
Welfare and Education Manager	Trish Drummond	Phone: 04480890 021 Email: tdrummond@qrl.com.au
Lifeline		13 11 14 www.lifeline.org.au
Beyond Blue		1300 360 364 www.beyondblue.org.au
Mensline		1300 78 99 78
Blackdog Institute		www.blackdoginstitute.org.au
Mental Health Connect		www.mentalhealthconnect.org.au
Headspace Youth 12-25		www.eheadspace.org.au
Free Service look after:		1800 650 890
Mental Health/ Counselling		Nearest Centre:
Sexual Health		155 Alma Street
Alcohol and Drug Services		Rockhampton
Youth Programs		
School Support		
Operations Manager	Amanda Ohl	0402 049 778
Operations Manager	Cameron Stallard	0467 663 762
NRL Game Development	Dominic Draper	ddraper@nrl.com.au
NRL Game Development	Sally Galloway	sgalloway@nrl.com.au
NRL Game Development	Steve Hamilton	shamilton@nrl.com.au
Club Support Mentor	PJ Marsh	0416 481 483



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
QRL Central Division Presentations			
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**



