



WELFARE CONTACT LIST

SOUTH & CENTRAL BURNETT



| 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 | | |
| Sexual Health | | |
| Alcohol and Drug Services | | |
| Youth Programs | | |
| School Support | | |
| | | |
| Club Support Mentor | Lennie Currie | 0467 044 691 |
| | | |
| Operations Manager | Lisa Weir | 0427 272 871 |
| | | |
| NRL Game Development | Colin Huxtable | chuxtable@nrl.com.au |



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**



