

# Take care of your Football Family. Support each other's mental health.



You are a part of a tight-knit football community  
that extends beyond your teammates.

From players to referees, supporters to volunteers,  
we are all part of the **Football Family**.

Let's prioritise mental health and stand together.  
Reach out, show empathy, respect, and uplift one another.  
Together, we can create a **safe and supportive** environment.



# Connect with your teammates and build meaningful relationships.



One of the most important aspects of team sport is the **connections** we make with our teammates.

Take the time to foster **meaningful relationships** while cultivating a bond that goes beyond football.

By building strong connections,  
we not only strengthen our team but also  
enhance our **mental wellbeing**.





# Take care of yourself on and off the pitch.

We all pour our hearts into the game.

But remember, **taking care of yourself** goes beyond the pitch.  
Prioritise self-care, rest, and balance in all aspects of your life.

When you're at your best, both mentally and physically,  
you can **shine** on and off the field.



Mental wellbeing comes first.  
Don't let competition pressure affect  
your mental health.



Your greatest opponent is not out on the field,  
but rather the pressure you put on yourself.

**Winning isn't everything.**

Sometimes it's about taking care of yourself first.  
Don't let the pressure of competition overshadow your feelings.

Take the time to prioritise self-care, find balance,  
and maintain a positive mindset.

Your **wellbeing** is your **greatest strength**.





Your **thoughts on yourself**  
are not always truthful.  
**Be kind** and give yourself a break.

We are often our own toughest critics.  
Remember, your thoughts on yourself are not  
always a fair reflection.

Be kind to yourself, practice **self-compassion**,  
and embrace your worthiness.

Give yourself a break, and let **positivity** and  
self-love fuel your journey.



FOOTBALL  
WEST





**It's okay to talk**  
about mental health struggles.  
Seek **professional help**, like you  
would for physical health.

Mental health matters, and it's okay to talk about it.

Just as we seek medical help for physical injuries,  
seeking **professional support** for mental health struggles is crucial.

Remember, **you're not alone.**

Reach out, share your experiences, and let's  
break the stigma together.



FOOTBALL  
WEST

