



4R ACTION PLAN

The 4R's are a simple guideline to help assist you when you believe someone is experiencing poor mental health and in need of support.



RECOGNISE

Early recognition of signs and symptoms is key to facilitating a timely referral to relevant support services where required. Remember, your role is to recognise, not diagnose. Only a trained mental health professional can diagnose a mental illness. (Please see signs and symptoms resource for more information on how to recognise signs and symptoms)



REACH OUT

Once you have recognised that someone may need support, reach out. Consider an appropriate time and place to talk and communicate what you have recognised such as "I have noticed you're not yourself recently, how are you doing?" or "There has been a lot going on for you lately, would you like to talk?". Provide the person with a safe place to talk through how they are feeling and be sure to use your active listening skills.



REFER

Refer to a professional if you observe that problems for the individual persist, or the issue moves beyond your scope. Appropriate referrals within a sporting organisation might include a program psychologist or the Chief Medical Officer. The Australian Athletics Wellbeing Manager is available to assist you in contacting these services. (Please see Mental Health Services information for general contact information).



REMAIN SUPPORTIVE

Continue to check in and offer appropriate emotional and practical support. Additionally, continue to promote good mental health and be patient with the individual.

RECOGNISE THE SIGNS

Below is some information to assist you in recognising the signs and symptoms of anxiety and depression.

ANXIETY

PHYSICAL SIGNS

- Muscle Tension
- Dizziness
- Rapid Heart Rate
- Vomiting
- Sweating
- Shaking
- Diarrhoea
- Dry Mouth
- Nausea
- Rapid Breathing
- Headaches

PSYCHOLOGICAL SIGNS

- Worry & Fear
- Easily Fatigued
- Restlessness
- Difficulty Concentrating
- Irritability, impatience
- Anger

BEHAVIOURAL SIGNS

- Avoidance
- Social Isolation
- Withdrawal
- Distress
- Sleep Disturbance
- Alcohol or Drug Use

DEPRESSION

- Feelings of unhappiness, irritability, and sometimes emptiness
- Loss of interest or pleasure, even in activities that used to be enjoyable
- Tiredness, lack of energy and low motivation
- Feelings of worthlessness, or guilt
- Thinking about death a lot, or wishing they were dead
- Difficulty concentrating or making decisions
- Sleep difficulties
- Change in appetite
- Moving slowly, or sometimes, agitated/unable to settle

In the table below, we have provided various community mental health services.

NOTE: IF IT IS AN EMERGENCY, OR YOU REQUIRE IMMEDIATE ASSISTANCE, CALL 000

If you need to speak with someone urgently:

Lifeline (24/7 Crisis Support)	Call: 13 11 14 Text 0477 131 114
Suicide Call Back Service	Call: 1300 659 467
Beyond Blue	Call: 1300 225 636
Kids Helpline (Age 5-25)	Call: 1800 551 800
MensLine	Call: 1300 78 99 78
13YARN	Call: 13 92 76

If it is not an emergency, we recommend scheduling an appointment with your GP: Your GP can assist in determining what care or treatment may best suit your circumstances. This may include referring you to a psychologist or mental health professional who can provide care under a Mental Health Care Plan. You can find out more regarding accessibility to mental health care in Australia via the Mental Health Care and Medicare webpage through Services Australia.