

Mental Health Resources & Information for Integrity Proceedings

Integrity policies, and subsequent investigations and sanctions, are an essential tool in keeping our sport a safe, inclusive and fair environment for all. While Basketball Australia (BA) and Basketball New Zealand (BBNZ) takes steps to avoid harm to individuals during these investigations and sanctions, it recognises that for those involved it can be inherently stressful. This document outlines key considerations to support an individual's own wellbeing during these necessary procedures, and we strongly encourage individuals to use support services available to them.

When we talk about mental health, we often think negatively on the topic, correlating it with mental illness. It is important to note that our mental health exists across a mental health continuum (WHO, Keyes) that changes and fluctuates regularly based on a range of factors in our life. Mental health can and should be seen as a positive part of a person's life and something that can be used as a strength to deal with stressful life events and day to day stressors while continuing to manage and flourish. Events within our life may at times of course, move us further down the continuum towards suffering, this is to be expected, however the longer that individuals stay at the bottom end of the continuum the more likely they are to develop a mental illness or have poor quality of life.

Supporting positive mental health can mean employing a range of strategies, across domains in your life (such as financial, social, career, spiritual, emotional etc.) and doing so can help ensure you are in a robust position to handle both the expected and unexpected stress of life.

Whether related to an integrity issue or not, we strongly encourage you to recognise when you are not coping and reach out to a support service listed on the next page.

You may recognise you are not coping if you:

- Find yourself struggling to get out of the bottom end of the continuum
- Are experiencing limited or no periods of flourishing
- Are struggling with day-to-day activities, tasks or stress
- Are experience thoughts of self-harm or suicide

Reaching out can be overwhelming, or it may be difficult to know where to start. It is important to know there are a range of services available to support mental health, both building positive mental health and managing negative mental health and mental illness. Please see overleaf some resources that you can navigate, and access as required to suit your individual needs.



EMERGENCY SUPPORT

If you are concerned for your safety or in need of urgent care, please immediately action one of the below:

- Call the Police or an Ambulance on 111
- Present to your local hospital emergency department
- Call LIFELINE on 0800 543 354 or text 4357

Well-Being Support Services

You may be upset or worried about harmful behaviour or a serious incident you have seen or experienced. Access these services if you or someone else needs support or advice. In an emergency, call the police on 111.

GENERAL

- [Victim Support](#) – 0800 842 846 (24hr service) for all victims of serious crime.
- [Samaritans](#) – Call 0800 726 666
- [Suicide Crisis Helpline](#) – 0508 828 865 (0508 TAUTOKO) Lifeline – Call 0800
- [LIFELINE](#) or 0800 543 354 or text 4357
- [Need to Talk? 1737](#) Free call or text 1737 any time for support from a trained counsellor

GRIEF

- [Skylight](#) – Call 0800 299 100 Specialises in helping children, young people and their families/whanau through tough times of change, loss, trauma and grief

YOUTH

- [Youthline](#) – Call 0800 376 633 or text 234
- [Kidslines](#) – 0800 54 37 54 (0800 kidslines) for young people up to 18 years of age (24 hr service)
- [Oranga Tamariki](#) – Call 0508 326 459 if you're worried about a child and want to make a referral or report of concern

MENTAL HEALTH

- [Alcohol and Drug Helpline](#) – Call 0800 787 797 phone or online chat for people dealing with an alcohol or other drug problem
- [Anxiety phone line](#) – Call 0800 ANXIETY or 0800 269 4389
- [Depression Helpline](#) – Call 0800 111 757 or text 4202
- [Yellow Brick Road](#) – all 0800 732 825 For families and whānau supporting a loved one who has a mental illness

SEXUAL VIOLENCE

- [Rape Crisis Centres](#) – Call 0800 883 300 for contact details of your local centre, provides support for survivors of rape and sexual abuse, their families, friends and whānau
- [Safe to Talk](#) – Call 0800 044 334 for a 24/7 sexual harm helpline
- [Male Survivors Aotearoa New Zealand](#) – Call 0800 044 334 Offers one- to-one, peer and support groups for male survivors of sexual abuse and their significant others
- [Tu Wahine Trust](#) – Call 09 838 8700 For kaupapa Māori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau
- [ACC Sensitive Claims Unit](#) – Call 0800 735 566 Treatment for claims related to sexual abuse or sexual assault

FAMILY VIOLENCE

- [Family Services 211 Helpline](#) (0800 211 211) – For help finding (and direct transfer to) community-based health and social support services in your area
- [Women's Refuge](#) – 0800 REFUGE or 0800 733 843 – Women's Refuge provide 24 hour support, advocacy and accommodation for women and their children experiencing family violence

GENDER AND SEXUALITY

- [OUTline NZ](#) – Call OUTLINE or 0800 688 5463 – Provides confidential telephone support for sexuality or gender identity issues

NEURODIVERSE PEOPLE

- [Acorn Neurodiversity](#) - See their website for details of your local centre (Auckland-based)