



HOW'S YA MATE?

CHECKING IN WITH A MATE IS THE GAME CHANGER

howsyamate.org.au



How's Ya Mate? is a mental health and wellbeing program initiated by Lifeline Broken Hill Country to Coast. HYM aims to improve the mental health and wellbeing of sporting club communities by providing training and counselling, starting conversations and breaking down stigmas associated with mental health

How to get involved



3 Levels Available

Level 1

HYM Round

Orange Hym socks

A minutes silence

Pre game message

Social media graphic kit

Access to digital resources

\$20 socks (optional)

Level 2 (includes level 1)

+

Accidental Counselling training

Confidential Well being assessment

Wellbeing assessment report

Merchandise available at the HYM round

POA (\$2-\$2,500) approx

Level 3 (includes level 1 & 2)

+

Access to free counselling

AFL/Sportsperson speaker to attend HYM round and:

Attend Breakfast or dinner with club

Change room chat

Ball toss/minutes silence/mingle with attendees at the game

Official photographer for the HYM round for posts on social media

POA

Funds raised support Lifelinebhc2c services

Contact us now:

Email: admin@llbhc2c.org.au
Call: 08 80878408

For more info:

www.howsyamate.org.au

Crisis care:

Phone: 13 11 14
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