



OUTSIDE THE LOCKER ROOM

Outside The Locker Room (OTLR) is a Welfare & Education Program for sporting clubs, schools and corporates across Australia. We offer a non-judgemental and supportive process that players, students and staff can access to seek support for themselves, a friend or family member utilising a wide range of different platforms including a free downloadable app which gives 24/7 support.

Our partners at Lifeline and The Australian Counselling Association offer on-going referral and face-to-face support when requested by our clubs, schools and workplaces.

Developed in partnership with mental health and youth services experts we deliver a four visit interactive and engaging workshop series over a 12-month period. Our education program provides participants with information and resources on issues such as:

- Suicide
- Depression and anxiety
- Gambling and domestic violence
- Drugs and alcohol education
- LGBTIQ and Inclusiveness

The Outside the Locker Room program provides participants with strategies on how to combat social and mental health issues in a productive way and, most importantly, it educates young people on the resources and organisations available for them to access in order to prevent or provide assistance should they feel they require help or would like to help a family member, teammate or friend.

Our program has now worked with almost 100 sporting clubs, schools and workplaces across Australia and we support 1 person every 3 days through our welfare platforms that we offer.

For more information please email Jake Edwards on: jedwards@outsidethelockerroom.com.au



