



HEALTH AND WELLBEING SERVICES



We all know how vital the right support can be in helping you attain an extra level of performance. The Next Step Foundation ensures you have someone on your side for the next stage of your career and your life. To help you not just survive, but thrive.

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From recent research, only four in 10 of those who felt they had an issue with their mental and emotional wellbeing had sought help. And fewer than one in 10 former sports people had sought help for drug, alcohol or gambling problems (The State of Sport Feb 2018).



**AN ONLINE
SUPPORT SERVICE,
WITH 24-HOUR
HELPLINE**



**SELF-HELP
GUIDES**



**FOCUSED
COUNSELLING**



**GROUPS AND
WORKSHOPS**



**DROP-IN
ADVICE**



**LISTENING
SESSIONS**



**ONE TO ONE
COACHING**

We can incorporate therapy and counselling sessions on all the opposite programs of support:

- Stress Management
- Managing Depression
- Managing Anxiety
- Mental Health Awareness
- Mental Health First Aid
- Suicide Prevention
- Addictions Therapy
- Drug & Alcohol Advice
- Gambling Advice
- Relationships
- Anger Management
- Self-Image
- Eating Disorder Therapy
- Detox & Recovery
- Relapse Prevention
- Mindfulness
- Children's Therapy
- Parental Support
- Confidence and Self Esteem
- Employment Support
- Bereavement
- Bullying & Harassment
- Physical Health & Wellbeing Support
- Trauma
- ACES Adverse Childhood Experiences
(Incidents that dramatically upset the safe, nurturing environments children need to thrive.)
- Any other support



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