



beyondblue  
the national depression initiative

# Turn **BLUE** in **June** to score goals for depression awareness.

*beyondblue: the national depression initiative* has teamed up with Netball Australia to raise awareness of depression and anxiety – and to assist the netball community to recognise the signs and symptoms, and where to get help.

Photos supplied courtesy of David Callow/Netball Australia.

Netballers across Australia are encouraged to turn BLUE in June to raise awareness of depression and anxiety. BLUE activities may include **wearing a *beyondblue* wristband** during June, **organising a BLUE-themed game or training session** or **handing out *beyondblue* information materials** to team-mates and friends.

**Order your free BLUE Month kit from *beyondblue* and get your team-mates and the local netball community involved!**

## HOW TO GET INVOLVED

During the month of June, individual netballers, netball teams, clubs and associations can participate in BLUE Month in the following ways:

- Order free *beyondblue* information materials and give them out to your team/s.
- Turn BLUE at training and have a themed training session – BLUE shoelaces, socks, hair, make up, ribbons, clothes, *beyondblue* stickers and tattoos.
- Organise a BLUE round or game during the month of June.
- Organise a BBQ, morning tea or a get together after training or a game and screen the *beyondblue* DVD *Stories of Hope and Recovery* to raise awareness about depression and anxiety.
- Display *beyondblue* information and posters at your training or game venue.
- Wear a *beyondblue* wristband during June.
- Promote BLUE Month activities on your website or in your newsletter.
- Come up with your own ideas and activities for raising awareness about depression and anxiety.

Around one million people in Australia live with depression and two million have an anxiety disorder. With the right treatment, most people recover from depression and anxiety.



## HOW TO ORDER FREE MATERIALS

A FREE BLUE Month kit for individuals or teams containing information about depression, anxiety and where to get help is available from the *beyondblue* website in May and June.

**For more information and to order kits visit**

**[www.beyondblue.org.au/netball](http://www.beyondblue.org.au/netball)**

*Don't forget to get pictures taken of you and your team participating in BLUE month activities!*

*Send them to [bb@beyondblue.org.au](mailto:bb@beyondblue.org.au) by 23 July and tell us what you did. The best pictures will win a \$200 Rebel Sport voucher.*



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