

WEDNESDAY, 18 MAY, 2022

Beyond Blue and Wests Tigers call on NRL fans to ‘play their role’

Beyond Blue and community partner Wests Tigers are encouraging fans to get involved in the Play Your Role campaign ahead of the 2022 NRL Beyond Blue Cup.

The Wests Tigers will compete with the Canterbury-Bankstown Bulldogs this Friday night for the BB Cup.

Fans are encouraged to make an online commitment to support their mates in one of the following ways:

- **Look** out for changes in behaviour that may signal a mate might be struggling. They might seem on edge or are less social than usual.
- **Ask** how they are going. Even if they say they’re fine, checking in shows you care.
- **Listen** openly and without judgement if a mate says they’re not fine.
- **Support** a mate by making sure they know you’re there for them and connect them with support if they need it.

Fans are encouraged to tell Beyond Blue which role they will play prior to the game by entering the competition at beyondblue.org.au/playyourrole which will put them in the running to win a VIP game day experience for Round 24 of the NRL season.

Beyond Blue CEO Georgie Harman said the ongoing community partnership with the Wests Tigers connects strongly with fans, players and the community and encourages open conversations about mental health.

“You don’t have to know all the answers - simply showing your support for someone and making sure they know you’ve got their back can make a difference,” Ms Harman said.

“Our partnership with the Wests Tigers is helping make mental health a part of everyday conversations, reducing stigma and encouraging support-seeking. I want to thank Wests Tigers for their ongoing and passionate commitment as we work together to support the community.”

Wests Tigers CEO Justin Pascoe said: “We are extremely proud as a club to be able to support Beyond Blue — a partnership that has been ongoing since 2016 to promote mental health awareness.”

“Wests Tigers are heavily invested in making a difference in the lives of our community and we firmly believe that this round plays an important role in the conversation around mental health.

“Using our brand and the platform of rugby league to help reduce the stigma around anxiety and depression is a responsibility we take very seriously.

“Our players, members and corporate partners have all shown their support of the club and Beyond Blue throughout this week each year. We are privileged to have the opportunity to host this round again in 2022.”

For more information on how you can play your role and to make your commitment, visit beyondblue.org.au/playyourrole

ENDS

Beyond Blue Support Service: 1300 22 4636 or beyondblue.org.au/getsupport

Coronavirus Mental Wellbeing Support Service: 1800 512 348 or coronavirus.beyondblue.org.au

Contact: media@beyondblue.org.au

Beyond Blue
GPO Box 1883 Melbourne VIC 3001
Beyond Blue Support Service 1300 22 4636
www.beyondblue.org.au