

What it means to have a team

Good health is about being the best you can be in your situation. It's important to prioritise your physical, emotional, and social health by staying connected and seeking support early if something is wrong, from a team of people who care about you and your wellbeing.



What is a team?

A team is a group of people, all working together towards a common goal. They have your back, they can build you up, they'll be there for the good times and the tough times, and fill a gap when you need support. You are the number one player in your team, but you can also be a part of other people's teams.

Why do you need a team?

You need teammates to support your physical, mental, and social health. Depending on what is happening in your life you'll need certain people, services, and information on your team at different times.

Who's on your team?

It's important to include health and medical professionals on your team — they can support you to maintain your health and wellbeing by stopping small problems before they get bigger. If something goes wrong with your health, already having health and medical professionals on your team can help make managing these challenging times a bit easier. We suggest you have a doctor, or GP, on your team at all times.

To support your physical health

Looking after your physical health is important. This includes getting the support you need to make healthy food choices, stay physically active and get good sleep. Teammates that can help to look after your physical health may be friends and family, sporting clubs, colleagues, doctors, physios, trainers, and dietitians.

To support your mental health

If you've been feeling irritable, down, worried, nervous, tired, or avoiding people or places that used to make you happy, there are lots of people and services that can join your team to support your mental health. These include a trusted friend or family member, your doctor, or a counsellor or psychologist, online and phone support services, like MensLine or LifeLine, and HeadtoHealth — an online mental health resource portal.

To support your social health

Staying socially connected with your team is more important than you might think. Catching up in person is great — whether that be through organised activities or groups, or just spending quality time with friends and family. Phone, email and chatting online can help keep you connected, even if you can't get out in-person.