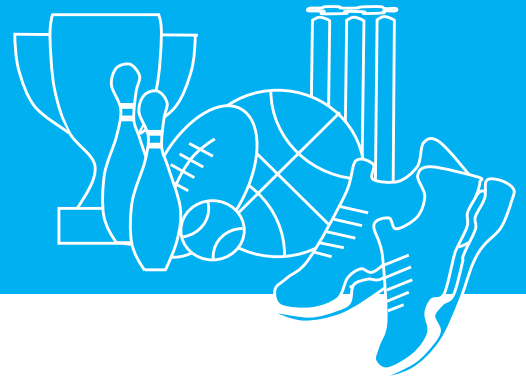


HEALTHY SPORTS CLUBS



MENTAL WELLNESS HEALTH AREA



BACKGROUND

Mental wellness includes emotional, psychological and social wellbeing. Mental wellness is an important part of overall wellbeing for both individuals and communities. Feeling connected to others, being productive and involved, coping with normal life stresses, and having the opportunity and capacity to contribute to the local community are critical to a person's mental wellness.

One in five Australians experiences mental ill-health every year. Without an understanding of how to promote and support mental wellness, it can be difficult for clubs to recognise the signs of mental ill-health among members. Likewise, members experiencing mental ill-health may not be equipped with the information or support they need to manage their mental wellbeing. This is why it is so important to ensure that sports clubs promote their members' mental wellness and ensure everyone feels connected and involved.

ACHIEVING THIS HEALTH AREA

The **Mental Wellness** health area involves providing opportunities to ensure the club is a friendly, inviting and engaging space for the entire community and has zero tolerance for bullying or discrimination.

Clubs will be supported to complete the targets using the *Healthy Sports Clubs* framework, including:

- Creating a physically safe, positive and enjoyable physical environment for all
- Building connections with relevant local mental health support services
- Establishing a supportive culture for mental wellness through leadership and policies

CONTACT MONASH HEALTH TO REGISTER YOUR CLUB:
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