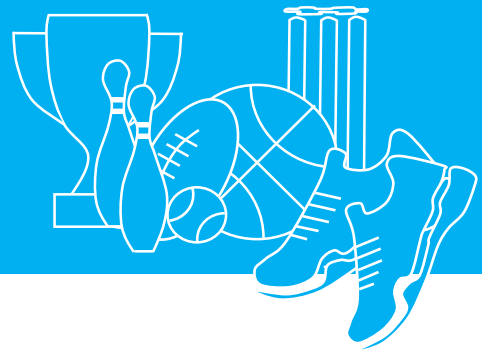


HEALTHY SPORTS CLUBS



MENTAL WELLNESS HEALTH AREA



BACKGROUND

Sports clubs that protect and prioritise the mental wellness of their club community are stronger, more resilient and more united. At these clubs, everyone can thrive in a space where they feel valued, safe and included and they are supported to speak up if they need help.

However, mental health is a complex topic and, historically, is one that has been surrounded by stigma. Club members may not recognise the signs of mental ill-health in themselves or others or know where to go for support to manage their own mental wellbeing. While sports club leaders recognise the need to address this, they may feel they are not equipped with the right skills or information to start these discussions at their club.

The good news is that anyone can be a champion for mental wellness when they are armed with the right tools. Free, tailored 1-on-1 support is available for sports clubs in the City of Casey, City of Greater Dandenong, and Cardinia Shire. The Mental Wellness health area of Healthy Sports Clubs offers practical tools and strategies to help clubs normalise conversations about mental health and support the positive mental wellness of their club communities, creating a place where everyone feels safe and connected.

ACHIEVING THIS HEALTH AREA

The **Mental Wellness** health area involves protecting and prioritising the mental wellness of officials, members, players and their families. Your club community feels valued, safe and included and their mental health is supported.

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

- Provide mental health education to members
- Promote local mental health services and community fundraising events Promote mental wellness activities e.g. meditation classes, group walks Create an Inclusion for All, Zero Tolerance for Discrimination Policy
- Provide a referral process and mental health first aid
- Introduce a buddy system.