## Template Purpose

# Template mental health and wellbeing INITIATIVE – Communication Templates

The purpose of this **Mental Health and Wellbeing Initiative – Communication Template** is to support your State Sporting Association (SSA) to invite members to attend or run a mental health and wellbeing initiative.

The following two example emails can be edited and used to communicate to members about an upcoming mental health and wellbeing event:

* **Email Template 1**: Inviting members to a mental health and wellbeing event hosted by the governing body; or
* **Email Template 2**: Inviting members to participate in a community-wide mental health and wellbeing initiative.

Delete or add to highlighted sections before sending to members. You can also adapt the messaging to apply to other social media communication channels.

### Email Template 1: Inviting members to a mental health and wellbeing event hosted by the governing body.

Dear Members,

Our sport plays an important role in bringing together people from all walks of life to form our wonderfully diverse and inclusive community.

In addition to the many benefits of sport, we play an integral role in supporting the mental health and wellbeing of our sporting community. In fact, did you know that:

* 2 in 5 Australians aged 16 to 85 will experience a mental health condition in their lifetime.
* The research tells us that sport plays a significant role in improving and maintaining the mental health and wellbeing of their members.

As such, we are pleased to invite you to <insert name and brief description of the event>.

<Insert details of the event such as date, time, location, and who should attend>.

If you would like information on how to implement your own initiative, I encourage you to visit the **Mental Health and Wellbeing Event Suggestions Guide** in the **True Sport Club and Community eToolkit for Mental Health and Wellbeing** for guidance on supporting mental health and wellbeing in your sporting community.

Warm regards,

<insert name here>

### Email Template 2: Inviting members to participate in a community-wide mental health and wellbeing initiative.

Dear Members,

Our sport plays an important role in bringing together people from all walks of life to form our wonderfully diverse and inclusive community.

In addition to the many benefits of sport, we play an integral role in supporting the mental health and wellbeing of our sporting community. In fact, did you know that:

* 2 in 5 Australians aged 16 to 85 will experience a mental health condition in their lifetime.
* The research tells us that sport plays a significant role in improving and maintaining the mental health and wellbeing of their members.

As such, we are pleased to invite you to be part of an exciting <initiative/event> to promote mental health and wellbeing within our community!

Please see the attached for all of the details that you need to get involved!

We encourage you to participate in this exciting mental health and wellbeing initiative. It is a fantastic opportunity to foster an inclusive and supportive environment, strengthen connection within your community, reduce mental health and wellbeing stigma, encourage help seeking behaviour, champion a great cause, and raise awareness of support services within your community.

If you would like information on how to implement other initiatives, I encourage you to visit the **Mental Health and Wellbeing Initiative Tipsheet** in the **True Sport Club and Community eToolkit for Mental Health and Wellbeing** for guidance on supporting mental health and wellbeing in your sporting community.

Warm regards,

<insert name here>

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In an Emergency Dial 000

For support call Lifeline 13 11 14

or visit [True Sport – Community Links](https://www.sportwest.com.au/true-sport-mental-health-and-wellbeing-community-links-2/) for more services.

