

TIPSHEET

CREATING AN INCLUSIVE SPORTING ENVIRONMENT

Did you know that the culture of a sporting organisation, club or group can have a positive or negative influence on member's mental health and wellbeing?

Your sporting organisation has the opportunity to foster a culture that promotes positive mental health and wellbeing, and drive inclusivity for all members. An inclusive culture will be created by demonstrating through actions and policy that mental health and wellbeing issues are important and deserve time and attention.

The purpose of this **Creating an Inclusive Sporting Environment Tipsheet** is to provide you with information on the things that your organisation can do to create an inclusive culture.



10 TIPS TO CREATING AN INCLUSIVE SPORTING ENVIRONMENT

1

Implement and share a mental health and wellbeing policy and strategy in your sporting organisation. Templates are available in the **Sport Administrator eToolkit for Mental Health and Wellbeing** to help you create these.

2

Developing the knowledge and skills to assist with mental health and wellbeing issues as well as upskilling members to respond as per their capacity.

3

Raise awareness by sharing mental health and wellbeing policies, processes and resources (such as those found in the **True Sport eToolkits**) that support members to address mental health and wellbeing issues in their sporting community.

4

Ensure club leaders, members and administrators know how to access any support they need, and who key points of contact are at your sporting organisation.

5

Provide networking opportunities for clubs and members to openly discuss mental health and wellbeing, and share ideas and experiences.

6

Using positive and judgement free language. For example:

“I understand. That sounds really challenging for you. I can assist with providing you with the steps you can take to get the support that you need.”

7

Making statements and using imagery on websites that appropriately acknowledges mental health and wellbeing issues, and promotes positive mental health and wellbeing strategies, including always sharing links to support services such as the **Where to Seek Help** document.

8

Considering diversity as a factor in mental health and wellbeing, and celebrating and supporting diverse populations within your sport.

9

Promote events or awareness campaigns throughout the sporting calendar to encourage inclusivity and promote help seeking behaviour. Campaigns can link with external organisations and agencies, or be specific to your sporting code. Common examples of this already happening in many sports includes:

- Mental Health rounds.
- Indigenous rounds.
- Mental Health Awareness Week.
- Are you OK? day; or
- Harmony Week.

10

Upskill staff and volunteers with training and resources including those provided in the **True Sport – Mental Health and Wellbeing** initiative.



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or visit **True Sport – Community Links** for more services.

