## Template Purpose

# TemplatePromoting mental health and wellbeing to members communication template

The purpose of this **Promoting Mental Health and Wellbeing to Members Communication Template** is to assist you to quickly share mental health and wellbeing resources with your members. Sending the below information to members is an easy way to provide them with an awareness of, and access to, free mental health and wellbeing resources!

Delete or add highlighted sections before sending to members.

### Helpful Hints

* Simply sending the below email content to your members is a great start but feel free to be creative and promote the resources and any supportive actions you have in place through social media, websites, and events.
* If email is not the best way to communicate to your community, adapt the below content to suit other mediums!

### Email Template

Dear Members,

<Insert organisation name here> is pleased to share some free mental health and wellbeing resources for community sport.

As part of the **True Sport - Mental Health and Wellbeing** initiative, a range of downloadable resources are available to help support the wider WA sporting community.

Click **HERE**to access the SportWest website and mental health and wellbeing resources including, but not limited to:

* Directory of mental health organisations available for community sport.
* Critical Incident eToolkit for Mental Health and Wellbeing which includes a comprehensive Critical Incident Response Guide and helpful templates.
* Posters.
* Tipsheets.
* Factsheets.
* A Guide to setting up Mental Health Champions in your club or sporting group.

We encourage you to share these resources within your community and utilise any that will be a value-add to your club or sporting group.

It is recommended to download and familiarise yourself with the critical incident response material especially so that you can access it quickly in a time of need.

**Why should clubs and sporting groups worry about mental health and wellbeing?**

It is estimated that 2 in 5 Australians aged 16 to 85 will experience a mental health condition in their lifetime. As such, it is highly likely that at some point in their life, mental health and wellbeing issues will affect someone either directly or indirectly.

The sporting community is uniquely positioned to support mental health and wellbeing issues, and with the right support, people with a mental health issue or condition are more likely to seek help.

When people experience a crisis, they often come to their sporting communities for support, whether the crisis or incident was sport related or not.

As such, sport leaders and administrators can find themselves being asked to provide mental health and wellbeing support and guidance.

Click **HERE** to watch a brief facts and figures animation for more information about the prevalence of mental health and wellbeing issues in WA.

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.

