



## **TEMPLATE PURPOSE**

The purpose of this Mental Health and Wellbeing Strategy Guide is to support your club or sporting group to develop and implement a mental health and wellbeing strategy.

The <u>Mental Health and Wellbeing Strategy Template</u> provides a one-page overview of a mental health and wellbeing strategy – including goals and initiatives – that your club or sporting group could implement.

# A mental health and wellbeing strategy assists you to:

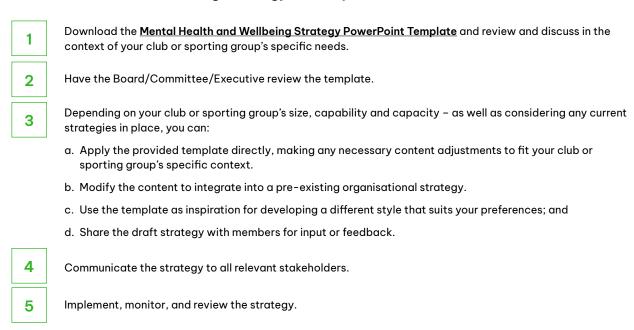
- Demonstrate your sport's commitment to mental health and wellbeing.
- Provide your club or sporting group with a framework and clear action plan to proactively address mental health and wellbeing, ensuring efforts are consistent, focused, and effective.
- Provide direction, clarity and focus to foster a culture of mental health and wellbeing.
- Assist you to align with recommended best practices and guidelines regarding mental health support and care in sports.
- Cultivate a supportive and inclusive culture within your sport where open discussions about mental health and wellbeing are encouraged and helpseeking is normalised.
- Meet your governance and compliance requirements around mental health and wellbeing, including managing psychosocial risk as relevant to your club or sporting group.



### **TEMPLATE IMPLEMENTATION**

A simple 5-step process for the implementation of your mental health and wellbeing strategy is outlined below:

## Mental Health and Wellbeing Strategy Development



#### TOP TIPS

- Tailor your mental health and wellbeing strategy to the unique needs, resources, and context of your club or sporting group.
- It is recommended that your strategy period is for no more than a one to three year period, and is aligned and integrated with any existing strategy and strategic review processes.
- Check out the <u>Health and Safety Considerations for Mental Health and Wellbeing Infographic</u> to find out more about mental health governance and compliance requirements that may be relevant to your club or sporting group.

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