**TEMPLATE PURPOSE**

The purpose of this Role of this Mental Health Champion Communication Template is to assist you to introduce yourself and the Mental Health Champion role to your organisation and colleagues.

# MENTAL HEALTH CHAMPION Template ROLE OF THE MENTAL HEALTH CHAMPION COMMUNICATION TEMPLATE

*Please Note: This is an example template only. Edit information as is appropriate to your sporting organisation.*

### Email Template

Hi <Insert recipients>,

I just wanted to take the opportunity to introduce myself and the Mental Health Champion role I have taken on within <insert organisation/team>.

In a nutshell, my role is to work with our entire community to create and promote a supportive mental health and wellbeing environment for <insert organisation name> .

I have attached an overview of my role for your quick reference <attach the Role of the Mental Health Champion Infographic that is included as part of the Mental Health Champion resources>.

As a snapshot of some of the things that I can help with, I will:

* Organise and let you know about any initiatives we will have around mental health and wellbeing
* Be a key mental health and wellbeing contact for you; and
* Guide you to the appropriate support and resources for any mental health and wellbeing issues that you may need assistance with.

Whilst I am not a qualified mental health expert and don’t provide professional advice, I am available to promote mental health and wellbeing in our <insert organisation/team> and direct members to appropriate resources and services.

If you would like more information about my role, <and/or how you might implement a Mental Health Champion in your club or sporting organisation> please reach out to me directly. I am happy to help!

Alternatively, you can go to the True Sport website to access the True Sport Mental Health and Wellbeing resources including information on Mental Health Champions.

Please don’t hesitate to get in touch if and as needed!

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.

