



MENTAL HEALTH CHAMPION TIPSHEET FOR SPORTS ADMINISTRATORS IMPLEMENTING THE MENTAL HEALTH CHAMPION ROLE AT YOUR STATE SPORT ASSOCIATION/ORGANISATION

The purpose of this Implementing the Mental Health Champion Role Tipsheet is to provide you with an overview of a process to follow to successfully attract, appoint and retain your Mental Health Champion within your state sporting association/organisation.

IDENTIFY AND APPOINT YOUR MENTAL HEALTH CHAMPION(S)

1

Announce the availability of the role and outline the expectations. Remember, Mental Health Champions are not expected to become a mental health expert but are available to direct members to appropriate resources and services.

2

Go through a selection process by either identifying suitable personnel or calling for an expression of interest.

3

If possible (e.g. depending on your organisation's size), appoint at least two Mental Health Champions to:

- Provide peer support to each other.
- Ensure a continuation of the role should one Mental Health Champion be on leave or exit the organisation; and
- Support Mental Health Champions to remain connected with the SportWest network so that they are empowered to be an advocate for Mental Health and Wellbeing within your organisation.

4

Appoint the role for a defined period of time (e.g. a twelve-month term). This will:

- Promote continuity in the role.
- Allow the Mental Health Champion(s) to develop a depth and breadth of experience and competence in the role.
- Allow for opportunities for others to fulfill the role if and as required.

SET YOUR MENTAL HEALTH CHAMPION(S) UP FOR SUCCESS

- Provide them with the Mental Health Champion Role Description (available for download from the eToolkit that accompanies this course).
- If they haven't already, we strongly encourage all Mental Health Champions to complete:
 - **The True Sport – Mental Health and Wellbeing Sport Administrator Awareness eLearning** course.
 - A Mental Health Workshop (only one) facilitated by **SportWest**.
- Announce and promote the role throughout the organisation and broader sporting community once they have completed the eLearning and workshop, and have joined the Mental Health Champions Network facilitated by SportWest.



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