

# VOLLEYBALL WA CASE STUDY



**VOLLEYBALL**  
WESTERN AUSTRALIA

**Organisation Name:**  
Volleyball WA

**Organisation Sport:**  
Volleyball

**Organisation Size:**  
19 staff

**Organisation Strategic Purpose:**

**“TO INSPIRE  
HEALTHY  
MINDS AND  
BODIES  
THROUGH  
VOLLEYBALL.”**

## MENTAL HEALTH AND WELLBEING DELIVERABLES/INITIATIVES

1

### **Mental Health Strategy**

(Implemented end of 2023)

Guiding the organisation on priorities and vision for mental health and wellbeing in Volleyball in WA (utilising the True Sport Mental Health and Wellbeing Strategic Plan template).

### **Mental Health and Wellbeing Charter**

Developed to promote health awareness in the VWA communities, now utilising the True Sport Mental Health and Wellbeing resources.

2

3

### **Mental Health Working Group**

(Implemented September/October 2023)

A working group of VWA employees coming together to discuss relevant issues and opportunities for implementing mental health practices within their organisation.

### **True Sport Agenda Item**

A new True Sport resource is discussed at monthly staff meetings with a paired activity to assist in understanding the resource within the VWA context i.e. meditation, chair yoga, talking activity etc. Different staff member each time facilitates the discussion/activity.

4

5

### **VWA Critical Incident Response**

Critical incident reporting in WAVL court boxes – information on critical incident response is directly and consistently provided to club volunteers

**Built relationships and provide mental health support** i.e. monthly coffees.

6

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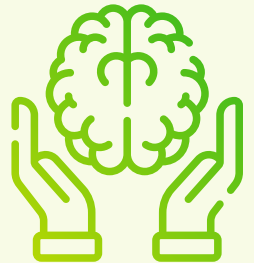
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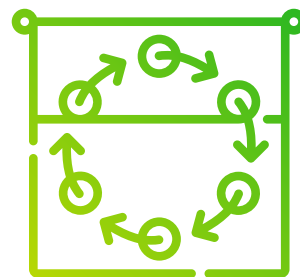
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## GOALS

- **Mental Health First Aid** direct to community.
- **Mental health training** in SSAs for staff supporting stress, burnout, resilience, emotional intelligence.
- **Training around overlapping pieces** i.e mental health interaction and supporting CSG.



## KEY CHALLENGES



**RESOURCING**



**TIME**

## TOP TIPS

**1**

Create an internal working group/brain trust to share the workload and create diversity of thought.

**2**

Get creative!

