

GOOD SPORTS PROGRAM HEALTHY MINDS

Every year, one in five Australians will experience a mental illness. So, odds are someone at your club could use your support.

Sporting clubs are the perfect place to provide a positive support network to tackle mental health issues. Your club could make a huge difference in both your community and the lives of your teammates.

Good Sports Healthy Minds is an extension of the Good Sports program in Tasmania and is designed to help build healthy players, clubs and communities. The program is possible thanks to funding from the Department of Health and Human Services in Tasmania.

The course covers depression, anxiety, the mental health risks linked to alcohol and drug use and awareness of what help is available.

The Good Sports Healthy Minds program aims to:

- Support clubs to take a leadership role in encouraging healthy and inclusive conversations around mental health
- Increase your clubs understanding of depression, anxiety and mental health and the risks associated with alcohol and drug use
- Connect clubs with local mental health services such as general practitioners, agencies and community health organisations
- Build clubs' capacity through activities such as mental health literacy workshops and information sessions led by industry experts

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HOW DOES HEALTHY MINDS WORK?

Your dedicated Good Sports project officer will work with you to promote good mental health around your club. This means they'll provide you with assistance to develop an action plan to incorporate and implement key strategies.

You simply have to complete the following six activities in three years to be a Good Sports Healthy Minds club:

1. Install a Good Sports information stand
2. Display a help seekers poster
3. Conduct a Good Sports themed game or event
4. Coordinate a club visit from a local mental health service
5. Have key club leaders attend a mental health literacy information session
6. Develop a mental health and wellbeing policy

BENEFITS OF THE GOOD SPORTS HEALTHY MINDS PROGRAM:

- Coaches and senior club figures are trained in how to spot and support someone who is struggling with mental health issues
- Players, members, and parents can feel supported by their club
- Increased likelihood that members with a mental health issue will seek help
- Improved respect for the club, with members, sponsors and the community having a positive impact leading to opportunities for increased revenue