CLUB AND COMMUNITY ETOOLKIT FOR MENTAL HEALTH AND WELLBEING

TEMPLATE

MENTAL HEALTH AND WELLBEING EVENT COMMUNICATION TEMPLATE

Template Purpose

The purpose of this **Mental Health and Wellbeing Event Communication Template** is to provide a quick and easy way for clubs and sporting groups to promote their event. The information can be used in an email or adapted for any other digital or social media platform.

Please note: This is an example template only. Edit and delete highlighted information or any other content to suit your needs before sending.

Email Template

Subject: <Initiative Name>

*Example: Mental Health and Wellbeing Awareness Week*

Dear Members,

Our sport plays an important role in bringing together people from all walks of life to form our wonderfully diverse and inclusive community.

In addition to the many benefits of sport, we play an integral role in supporting the mental health and wellbeing of our sporting community. In fact, did you know that:

* 2 in 5 Australians aged 16 to 85 will experience a mental health condition in their lifetime.
* The research tells us that sport plays a significant role in improving and maintaining the mental health and wellbeing of individuals.

As such, we are pleased to announce that as part of our commitment to the mental health and wellbeing of all of our members, we are <insert event details>. *Example: we are holding a Mental Health and Wellbeing Awareness Week!*

This is an amazing opportunity for our community to put a spotlight on mental health and wellbeing and we hope that you will <insert event summary>. *Example*: *join in some of the activities that we have planned.*

Check out the details below for more information.

Event Details

*For example:*

* *Throughout the week you will see a number of posts across our social media channels on the topic of mental health and wellbeing. We encourage you to contribute to, like and/or share the posts that you see.*
* *Game Day Sausage Sizzle - with information about mental health and wellbeing support available within our community.*
* *Understanding Mental Health Seminar:*

*Come and find out about how to recognise mental health issues and pathways to seek support from a highly qualified and experienced mental health expert!*

*Thursday 1st January 20xx.*

*6pm - 7pm.*

*Club rooms.*

*Light refreshments provided.*

* *Also - check out the posters around the rooms for information on how to seek mental health and wellbeing assistance*.

Warm regards,

<insert name here>

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