



# GUIDE

## MENTAL HEALTH AND WELLBEING STRATEGY

### TEMPLATE PURPOSE

**The purpose of this Mental Health and Wellbeing Strategy Guide is to support your club or sporting group to develop and implement a mental health and wellbeing strategy.**

The **Mental Health and Wellbeing Strategy Template** provides a one-page overview of a mental health and wellbeing strategy – including goals and initiatives – that your club or sporting group could implement.

### **A mental health and wellbeing strategy assists you to:**

- Demonstrate your sport's commitment to mental health and wellbeing.
- Provide your club or sporting group with a framework and clear action plan to proactively address mental health and wellbeing, ensuring efforts are consistent, focused, and effective.
- Provide direction, clarity and focus to foster a culture of mental health and wellbeing.
- Assist you to align with recommended best practices and guidelines regarding mental health support and care in sports.
- Cultivate a supportive and inclusive culture within your sport where open discussions about mental health and wellbeing are encouraged and help-seeking is normalised.
- Meet your governance and compliance requirements around mental health and wellbeing, including managing psychosocial risk as relevant to your club or sporting group.

## TEMPLATE IMPLEMENTATION

A simple 5-step process for the implementation of your mental health and wellbeing strategy is outlined below:

### Mental Health and Wellbeing Strategy Development

- 1 Download the **Mental Health and Wellbeing Strategy PowerPoint Template** and review and discuss in the context of your club or sporting group's specific needs.
- 2 Have the Board/Committee/Executive review the template.
- 3 Depending on your club or sporting group's size, capability and capacity – as well as considering any current strategies in place, you can:
  - a. Apply the provided template directly, making any necessary content adjustments to fit your club or sporting group's specific context.
  - b. Modify the content to integrate into a pre-existing organisational strategy.
  - c. Use the template as inspiration for developing a different style that suits your preferences; and
  - d. Share the draft strategy with members for input or feedback.
- 4 Communicate the strategy to all relevant stakeholders.
- 5 Implement, monitor, and review the strategy.

### TOP TIPS

- Tailor your mental health and wellbeing strategy to the unique needs, resources, and context of your club or sporting group.
- It is recommended that your strategy period is for no more than a one to three year period, and is aligned and integrated with any existing strategy and strategic review processes.
- Check out the **Health and Safety Considerations for Mental Health and Wellbeing Infographic** to find out more about mental health governance and compliance requirements that may be relevant to your club or sporting group.

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