

# MENTAL HEALTH CHAMPION

## ROLE OF THE MENTAL HEALTH CHAMPION



### COLLABORATE

Collaborate with club or sporting group leadership to create a supportive culture and address mental health and wellbeing related issues.



### OVERSIGHT

Promote and review any mental health and wellbeing initiatives and improvements that are implemented by the club or sporting group.



### ACTION

Utilise appropriate resources or support options to address any emerging issues or behaviours that may occur in their sport.



### PROMOTE

Work with club or sporting group leaders to promote the Mental Health Champion role.



### INVOLVED

Be involved in club or sporting group events and initiatives that relate to mental health and wellbeing.



### INFORMED

Be familiar with, and promote **True Sport eToolkits** to be a source of informed support to others.



### PARTNER

Know what supports are available locally and build links with external organisations, charities and services to facilitate referrals and collaboration.



### ATTEND

Attend any Mental Health Champion training or networking events hosted by the governing sporting organisation.



### ROLE MODEL

Be a role model for promoting a positive mental health and wellbeing culture.



### CONNECT

Collaborate with other Mental Health Champions.

### What is a Mental Health Champion?

Mental Health Champions lead the way in creating and promoting supportive environments to help achieve positive mental health and wellbeing outcomes for your club or sporting group. They are not necessarily Mental Health experts and are not expected to provide professional services.

### Who can be a Mental Health Champion?

Anyone can become a Mental Health Champion. All the resources, training and information required to become a Mental Health Champion are available as part of the **Club and Community eToolkit for Mental Health and Wellbeing**.

**Mental Health Champions are not mental health experts but are available to direct members to appropriate resources and services. Clubs and sporting groups should not provide mental health advice beyond their training and qualifications.**

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In an Emergency Dial 000

For support call Lifeline 13 11 14

or visit **True Sport – Community Links** for more services.