



GUIDE

MENTAL HEALTH AND WELLBEING STRATEGY

TEMPLATE PURPOSE

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

The Mental Health and Wellbeing Strategy Template provides a one-page snapshot of mental health initiatives that your organisation plans to implement.

A mental health and wellbeing strategy assists you to:

- Demonstrate your sport's commitment to mental health and wellbeing.
- Lead the way and influence your community in supporting mental health and wellbeing.
- Provide your organisation 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 organisation.

TEMPLATE IMPLEMENTATION

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

- 1 Download the [Mental Health and Wellbeing Strategy PowerPoint Template](#) and add initiatives that you want to implement.
- 2 Have the Board/Committee/Executive review the template.
- 3 Depending on your organisation's size, capability and capacity – as well as considering any current organisation level strategies in place, you can:
 - a. Apply the provided template directly, making any necessary content adjustments to fit your sporting organisation'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 sporting organisation.
- It is recommended that your strategy period is for no more than 1 to 3 year period, and is aligned and integrated with any existing strategy and strategic review processes.



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