

MENTAL HEALTH CHAMPION

ROLE OF THE MENTAL HEALTH CHAMPION



COMMUNICATE

Regularly communicate with clubs and members on the organisation's activity and initiatives around mental health and wellbeing.



PROMOTE

Promotion of the role within the organisation and to members so the sporting community know who their key mental health and wellbeing contact is.



ENCOURAGE

Encourage and support clubs and members to implement Mental Health Champions.



COORDINATE

Coordinate and host meetings with Mental Health Champions from within your sport's community.



CONTACT

Be a primary contact for mental health and wellbeing issues.



SOURCE

Be a source of accurate and informed support to others on mental health and wellbeing by promoting resources, events, or opportunities.

Mental Health Champions lead the way in creating and promoting supportive environments to help achieve positive mental health and wellbeing outcomes for their sporting community.

All the resources, training and information required to become a Mental Health Champion are available as part of the Sport Administrator eToolkit for Mental Health and Wellbeing.



PARTNERSHIPS

Explore what supports are available and build links with trusted external support services to facilitate referrals and collaboration.



SHARE

Share information and learnings with other Mental Health Champions from other sporting organisations.



SUPPORT

Provide ongoing support and resources to a member or club on specific mental health and wellbeing issues that need resolving.



ATTEND

Attend meetings and events for Mental Health Champions from other sporting organisations facilitated by SportWest.

Mental Health Champions are not mental health experts but are available to direct members to appropriate resources and services. Sporting organisations 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.

