

GOOD SPORTS HEALTHY MINDS OVERVIEW

The Good Sports Healthy Minds Program helps clubs tackle mental health issues at a grassroots level.

HOW IT WORKS

Good Sports works with sporting clubs to build stronger and safer support networks that encourage open and inclusive conversations around mental health.

Your local Good Sports team will connect your club with local mental health services and tailor the program to the needs of your club.

WHY IT MATTERS

One in five Australians experiences mental ill-health every year. Your club could play a pivotal role in enhancing and supporting the positive mental health of your members, players and their families.

We know that community sporting clubs across the country are leading the charge when it comes to promoting physical fitness, but your club can also support those who are experiencing mental health issues.

20%
of Australians
experiences a
MENTAL ILLNESS
every year



Only **35%**
of those seek
**PROFESSIONAL
HELP**



With so few Australians seeking professional help for mental ill-health, it's more important than ever to ensure your players, members and parents feel safe, connected and supported.

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PROGRAM OUTLINE

To become part of the Healthy Minds program, clubs must take part in key activities to promote good mental health.

- 1** Support members, players and their families by promoting help-seeking and positive mental health around your club.
- 2** Attend a 45-minute Good Sports mental health workshop.
- 3** Host a **SPEAK UP! Stay ChatTY** workshop with your players and parents.
- 4** Implement a Mental Health Policy.



For more information and to register your club, head to: goodsports.com.au/healthyminds

THE BENEFITS



IMPROVED KNOWLEDGE WITHIN YOUR CLUB

Coaches, senior club members and leaders will be better equipped to understand the mental health environment in their club and respond accordingly.

MAKE A DIFFERENCE

Your players, members and their families may feel more supported by their club and may be more likely to seek help if they know it's readily available.

MORE RESPECT FOR YOUR CLUB

Healthy Minds clubs are stronger, more respected and more connected in their local communities, making them more attractive and inclusive to their broader communities.

BETTER OUTCOMES

Clubs that support player resilience by having a strong understanding of mental health may see better player performance.

PLENTY OF SUPPORT

The Good Sports team supports your club to complete the program at your own pace and with tailored information and strategies.

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