## Guide for introducing the subject of mental health during a club event

1. Begin the event with a brief introduction, expressing the club's commitment to the wellbeing of its members.
2. Emphasise:
    a. Discussing mental health is a positive and proactive step towards creating a supportive community.
    b. Asking someone 'how they are going' or checking in on a mate, does not mean you need to have the answers to help them or 'fix' the issue – simply listening and acknowledging how they are feeling can help.
3. Invite a mental health facilitator to give a short presentation on the basics of mental health, common challenges and strategies for maintaining good mental wellbeing. (optional)
4. Provide resources, such as pamphlets or online materials, that members can refer to for more information. Resources can be found here: https://www.sportwest.com.au/true-sport-mental-health-and-wellbeing-community-links-2/
5. Stress the significance of peer support in maintaining good mental health. Encourage members to check in on each other regularly and be attentive to any signs of struggle.
6. Provide information on how to seek help if needed, both within and outside the club.
7. Acknowledge the Mental Health and Wellbeing Policy and where members can access it.
8. Reinforce the importance of protecting our game and respecting the match officials.

## Suggested script (guide only)

**[Good morning/afternoon/evening] everyone,**

Thank you for being here today as we take an important step together. My name is [Your Name], and I'm proud to be the Club Wellbeing Officer. I'm thrilled to speak with you about a topic that matters deeply to all of us—**mental health**.

At our club, we are more than just a team—we are a community, a support network. Today, we reaffirm our commitment to the **wellbeing of every single member**. We're taking a proactive step toward creating a culture that supports not just physical fitness, but also **mental and emotional wellbeing**.

I encourage you all to check in regularly with your teammates. Pay attention to how others are doing and don't underestimate the power of a simple conversation. Asking someone *"How are you going?"* doesn't mean you need to have all the answers or solutions. **Just listening and showing you care can make a real difference**.

If you or someone you know needs additional support, please remember—**help is available**, and reaching out is a sign of strength. A range of organisations are ready to assist, and we've made resources available through our club website [or specify where they can access the resources].

If you'd like to have a private chat or need someone to talk to, you're always welcome to reach out to me in my role as Wellbeing Officer. I'm here to help.

I also want to highlight our **Mental Health and Wellbeing Policy**, which outlines our club's values, commitments and the support structures we've put in place. This policy is available on our website.

Finally, as we prioritise mental health, let's also reflect on our responsibility to protect the spirit of the game. **Respecting match officials and each other** is essential. Football West's **three-strike policy** is in place to address inappropriate behaviour. Remember—**our actions reflect on the entire club** and affect the integrity of the competition.

Thank you for your time and attention today. Let's keep this conversation going, support each other and ensure our club remains a place where everyone can thrive—**physically, mentally, and together as one team**.