

Providers Offering Mental Health Support to Community Sports Clubs – Victoria

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Key providers of Mental Health Support to Community Sport Clubs

A search of providers identified ten key providers that specifically targeted sporting clubs support services within the state of Victoria, Australia. An additional 28 providers were found to be supporting MHW more broadly (see below).

ORGANISATION	WEBSITE	AREA OF FOCUS	SERVICES OFFERED	COST TO CLUBS
Love Me, Love You	www.lovemeloveyou.org.au	All community clubs, all ages, players, parents, coaches and volunteers. Awareness raising, education and referral pathways.	<p>A not for profit organisation providing interactive and engaging programs that challenge the views and stigmas surrounding mental health. Provide:</p> <ul style="list-style-type: none"> • Education workshops delivered face to face and online. • Education focuses on general awareness of mental health topics and then specifics focusing on mental wellbeing. • Education also seeks to equip parents, coaches and volunteers to recognise and support mental health. • Series of toolkits and downloadable resources, videos focusing on maintaining positive mental health. • Referral pathway, support individuals requiring mental health treatment, act as a referral and assist individuals to access the right treatment for them. • Awareness raising via social media 	Free or subsidised
Outside the Locker Room	https://otlr.org.au	All community clubs, all ages, players, parents, coaches and volunteers. Awareness raising, education and referral pathways.	<p>Deliver a mental health education and welfare support program for community sporting clubs across Australia, in all sporting codes. Program includes:</p> <ul style="list-style-type: none"> • Education workshops; two face to face visits and online follow up. • First session covers broad aspects of mental health, clubs chose the focus of second session. • An App provides support and referral pathways. All who attend workshops are encouraged to register via the app, those requiring additional support are then referred to other support services. 	Yes

- Toolkits and resources including toolkit to support clubs dealing with the aftermath of suicide.
- Awareness raising via social media.

Tackle Your Feelings	https://www.tackleyourfeelings.org.au	AFL focused, targets coaches and volunteers to raise their knowledge of mental health issues and how to support/refer participants, tailored for junior, youth and adult awareness raising, education and accreditation of clubs.	<p>Focus on ensuring coaches feel able to respond to mental health challenges amongst participants and create environments that support positive mental health.</p> <ul style="list-style-type: none"> • Offer 1-hour face to face training and 3 online modules. • Participation leads to club accreditation • Videos and articles available via website. • Champions profiled. • Awareness raising via social media. 	Free
Orygen	https://www.orygen.org.au	Mental health organisation offering some support to sports clubs, focus on developing supportive cultures in clubs.	<p>Sport specific search found a web based toolkit at https://www.orygen.org.au/Training/Resources/Physical-and-sexual-health/Toolkits/Supporting-mental-wellbeing-in-community-sport</p> <ul style="list-style-type: none"> • Ran small scale pilot program in WA providing face to face education. Intending to extend this. • Online webinars. • Generic mental health research and policy support; referral service; training. 	Free
Sport and Life Training (SALT)	https://www.sportandlifetraining.com.au	Sports focused education programs with online support. Main focus is building healthy culture in sports clubs.	<p>Offer a number of services including:</p> <ul style="list-style-type: none"> • 7 education units offered to sports clubs 60-90 mins long (adults) • 10 education units for juniors – targeting different ages, genders, parents, coaches; gender separate sessions • An online interaction live quiz (creating conversations) • An interactive webinar (SALT lunchbox - 3X free weekly) • Online webinars available • COVID-19: Club Re-connect at https://sportandlifetraining.com.au/club-reconnect/ <p>Main focus on football and netball clubs, however also starting to target individual sports too (e.g. tennis, golf)</p>	<p>Yes</p> <p>Do provide some free sessions if criteria are met (e.g. funding from Football/Netball leagues)</p> <p>Webinars - free</p>
Game Changers	http://game-changers.life	Youth focused organisation to mentor and upskill young people with a leadership focus.	<p>Offer a number of services including:</p> <ul style="list-style-type: none"> • Camps (education through immersive experiences, team building and performance; tailored to specific group needs and run between 24-hours to 7 days). 	<p>Yes</p> <p>Can get sponsored/ subsidised</p>

- Workshops (facilitate an understanding of leadership and building strong community).
- Speaker (keynote presentations on specific topics; community sport as a healthy pathway from adolescent to adulthood; positive culture in sport; roadmap to developing progressive sporting clubs; gender equality in sport; the masks we wear, mental health, drugs and alcohol; coaching coaches).
- Consulting (tailored approach to achieve best possible outcome for the group)
- Leadership programs (AFLW leadership program, girls and young women's leadership program, Indigenous Sports leadership program; You community bank sports leadership program, Whittlesea council program, captains camp, Essendon football club next generation academy, Williamstown football club community leadership series).

Good Sports	https://goodsports.com.au/this-is-good-sports/	Aim is to reduce harm and positively influence health behaviours, funded by Australian Drug Foundation. Work with sports clubs to prevent and minimise the harm cause by alcohol and other drugs.	Overall works on changing club cultures to create positive club culture.	Free
Ahead of the Game	https://aheadofthegame.org.au/	Teaching young men about mental health to help them enhance their wellbeing.	In partnership with Movember	Free
Read the Play	https://www.readtheplay.org.au	Increase youth health awareness in relation to drugs, alcohol and mental health in Geelong region. Supported by Geelong Football and Netball Leagues.	Focused on young people, however targets players, parents and sporting groups.	Unknown

- Primary focus is drugs and alcohol, however a specific program on mental wellbeing called 'Healthy Minds' at <https://goodsports.com.au/programs/healthy-minds/>
- Program can be face-to-face or online deliver
- Works with leadership (e.g. committee and influencers of the club), however also works with whole of clubs and associations/leagues.
- Accreditation process and ongoing, continued support from Good Sports.
- Programs support and reinforce each other.
- COVID-19 support at <https://goodsports.com.au/safely-restarting/>

- Use evidence-based research to facilitate online, face-to-face and webinar sessions with athletes, coaches and parents to reduce mental health stigma, and support each other.
- Focused on men, however, will deliver to women.
- Will be running with specific organisations/clubs via online delivery during the COVID-19 pandemic.

- Mental health literacy program.
- Improve knowledge of mental health/support services, confidence of volunteers to respond to people with mental health problems, confidence to assist people to access support, improve attitudes towards health seeking.
- Club representative (player Wellbeing Officer) does a 3-day training program.

- Local mental health workers involved (as a constant resource and support for PWO).
- Education developed by a nurse and mental health clinician.
- Evidenced based program in line with clinical recommendations.

State of Mind (NRL)	https://www.nrl.com/community/state-of-mind/	Flagship program 'The State of Mind' Grassroots Program is a four-step recognition process that has been developed in consultation with expert partners.	Use Rugby League to remove stigma, connect communities with mental health partners and local services providers by: Providing appropriate literature and resources Educating and informing through face-to-face session to improve mental health literacy and develop elite players to be leaders in mental health advocacy. Face to face delivery to club administrators, coaches, managers and senior members of grassroots Rugby League clubs across Australia.	Unknown
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Additional providers of Mental Health Support to Community Sport Clubs

A search of providers identified an additional 28 providers that support MHW more broadly. These providers were all active in working in the community sport sector and offered a range of resources and support to club.

ORGANISATION	URL	AREA OF FOCUS/SERVICES OFFERED
AFL (various resources, programs, initiatives and projects)	<p>Example: AFL mental health education https://www.afl.com.au/afl-education/mental-health</p> <p>Example: AFL junior mental health program https://www.afl.com.au/news/441504/afl-beefs-up-junior-mental-health-programs</p>	<p>The AFL is committed to ensuring a safe, welcoming and inclusive environment for all people involved in Australian football. To achieve this the AFL will promote the importance of mental health and wellbeing of those within the AFL industry via education resources.</p> <p>Partnership with headspace, education program particularly targeting young players moving towards the professional game, support the next generation of talent. The programs will be tailored to 16 to 18-year-old boys and girls in the NAB AFL Academy, state academy programs and multicultural and Indigenous talents.</p>
Australian Institute of Sport (AIS)	https://ais.gov.au/health-wellbeing	<p>Dedicated landing page with click through articles, blogs and support. Links to a variety of projects involving elite athletes in community sport:</p> <p>Lifeline Community Custodians at https://ais.gov.au/custodians</p> <p>Bite Back Mental Fitness Training at https://www.ais.gov.au/bite-back</p> <p>Mental health Referral Network (mainly targeting high performance athletes) at https://www.ais.gov.au/mhrn</p>

COVID-19 AIS framework for rebooting sport is a three-step plan is a positive step towards the reintroduction of sport and recreation at https://www.ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport

Australian Sports Commission (SportAus)

Sport Australia has developed a 'Return to Sport Toolkit' that includes a suite of resources to help sporting organisations get ready to recommence training, competitions and programs in a safe, responsible and low risk manner post COVID-19

Better Out Than In

<http://betteroutthanin.com.au>

Developed by the AFL Players' Association, in partnership with its Alumni services, the AFL Coaches Association, MATES in Construction, La Trobe University and Cummins & Partners as part of Beyond blue's STRIDE Project with donations from the Movember Foundation.

Website that includes stories, individual support/advice referrals, actions to support others.

Uses sports analogies and set up through sport organisations

Beyond Blue mental health sports rounds (e.g. AFL, NRL)

<https://www.beyondblue.org.au/get-involved/rugby-league-beyond-blue-round>

Through community partnerships with elite sporting clubs and high-profile events around the country, Beyond Blue is able to deliver its mental health messages to large and diverse populations. Dedicated sports round for mental health awareness raising.

<https://www.beyondblue.org.au/get-involved/afl-victoria-i-beyondblue-i-round>

Black Dog Institute hub

<https://www.ffa.com.au/news/introducing-black-dog-institute-hub>

Providing mental health education and support to grassroots football (FFA) community and employees, national team players, directors and staff by partnering with Black Dog Institute.

(FFA in partnership with Black Dog)

<https://www.ffa.com.au/black-dog-institute>

Utilises Black Dog Institutes resources across digital properties. Uses online resources, tools and apps.

Clearinghouse for Sport

https://www.clearinghouseforsport.gov.au/knowledge_base/high_performance_sport/performance_preparation/athlete_mental_health

Sport and Mental Health online information and facts, includes web links to services for athletes and coaches

High performance athlete focus (knowledge base for performance preparation)

Club Respect

<https://clubrespect.org.au>

Website focused on supporting clubs to plan for and implement a safe, fair and respectful environment. Includes: ask an expert; success stories; podcast; some PDFs

Focus is respect with no specific mental health/wellbeing link

Community street soccer (Big Issue soccer program)	https://www.thebigissue.org.au/community-street-soccer/about/	The heart of Street Soccer is weekly training sessions held across Australia. Participants get together in a safe and non-threatening environment, allowing them to get fit, make new friends and seek support and advice. Support staff also work closely with players, linking them to services that address issues including homelessness, substance abuse, family breakdown and mental illness. For locations go here https://www.thebigissue.org.au/community-street-soccer/where-we-play/
Headspace Head Coach	https://headspace.org.au/headcoach/	Some of Australia's best athletes share how they train their minds – what are the little or everyday things they do to reach their potential and live fun and fulfilling lives
Game Plan (Australian Cricket Association)	https://auscricket.com.au/gameplan/	GamePlan is the Australian Cricketers' Association's wellbeing and education program. This provides support to members, professional contract holders, ex-players and some others
Hey Sport, R U OK?	https://www.ruok.org.au/sport	Hey Sport, R U OK? is a campaign to benefit all participants, officials, administrators and supporters across the grassroots sporting community. The first phase of the campaign provides resources and tips for coaches to help them build an R U OK? Culture to support their athletes and players. Website includes: Coaches Toolkit and Host a Round resources, plus promotional material
Mind Max	https://mindmax.com.au/#home	MindMax is an app to maximise wellbeing and resilience and create a community of fit minds. Funded by Movember Foundation and made in collaboration with AFL players, this free and accessible app empowers you to build, strengthen and maintain a fit mind.
Mind Room	https://themindroom.com.au/	High performer mental skills, mindful athlete, mental condition program. Performance psychology, mental health in sport and performance, profiling, strategy and advice, athlete scholarship, partnerships. Psychology services - more focused on elite performance
Reboot Sport	https://rebootssport.com.au	Website and consultancy service with guides to supporting mental health in sport post COVID-19. Some mention of health and inclusion. Support packages for sale ranging in cost and inclusions. Also offers writing for grants, links to other organisations, blogs/news – see '4 steps to reboot mental health through sport'
Movember	https://au.movember.com/	Men's mental health charity that offers a broad range of resources and support. Mental health focus at https://au.movember.com/about/mental-health Also see 'Ahead of the game' in Table 8

Play by the Rules	https://www.playbytherules.net.au	<p>Play by the Rules provides information, resources, tools and free online training to increase the capacity and capability of administrators, coaches, officials, players, parents and spectators to assist them in preventing and dealing with discrimination, harassment, child safety, inclusion and integrity issues in sport.</p> <p>Webinars, blogs, articles, news and other resources to support mental health and wellbeing found at https://www.playbytherules.net.au/search?q=mental+health</p>
Pride Cup	https://pridecup.org.au	<p>Offers education programs and events targeting LGBT+ inclusion in sport.</p> <p>Offer: education programs for players, coaches and officials (30- or 90-minute sessions and custom sessions (for varying settings); coordinate events; online information/blogs/posts</p>
Pride in Diversity	http://www.prideinclusionprograms.com.au	<p>Pride in Sport is the only sporting inclusion program specifically designed to assist National and State sporting organisations and clubs with the inclusion of LGBTQ employees, players, coaches, volunteers and spectators.</p> <p>Provide face to face education, expert advice with a number of Pride Inclusion programs (e.g. Pride in Health and Wellbeing). Website includes: the world-first Pride in Sport Index (PSI) benchmarks and assesses the inclusion of LGBTQ people across all sporting contexts; membership program; Australian Pride in Sport Awards</p>
Proud2Play	https://www.proud2play.org.au	<p>Proud 2 Play have helped shape the landscape of sports inclusion for LGBTI+ people in Victoria, and parts of Australia. Approach LGBTI+ inclusion in sport from all angles to provide grassroots organisations, clubs, state and national sporting organisations and other sporting associations with education, inclusive policy and procedure, inclusive events and improvements in LGBTI+ visibility in their sport. Education includes LGBTIQ+ mental health</p>
Pukaup	https://www.pukaup.com/pukaup	<p>Collation of mental health provider support website links, offers talks/speaker, podcast, online shop</p>
Smiling Mind	https://www.smilingmind.com.au/smiling-mind-app	<p>A mindfulness app. Also includes training courses/PD (target teachers, workplace, made to order); resources/resource hub; stories; blogs</p> <p>In 2012, Smiling Mind and Cricket Australia's Sport Psychology Team partnered to create a specific sports-based meditation program. The program can be found on the Smiling Mind app under programs at https://www.smilingmind.com.au/cricket-australia</p>
Soccer Mindset Challenge (US based app linked to Football Victoria)	https://www.soccermindsetacademy.com.au/product/soccer-mindset-academy-a-fix-for-footballs-mental-health-concerns/	<p>The aim of the challenge is to increase young players' awareness of different mindset tools that can be accessed while social distancing during the COVID-19 restrictions. The Soccer Mindset Academy app has daily workouts that can be completed at home</p> <p>Source is https://www.soccermindsetacademy.com/</p>

Speak Up! Stay ChatTY	https://staychatty.com.au/	<p>Work to promote positive mental health and prevent suicide by normalising conversations about mental health and encouraging help seeking behaviours. In partnership with relationships Australia Tasmania and for sports clubs, with Good Sports.</p> <p>Provide community events, fundraisers and presentations to community groups, workplaces, sporting clubs and schools to promote the SPEAK UP! Stay ChatTY message; COVID-19 webinar. See Sport Program here https://staychatty.com.au/programs/sports-program/</p>
Sport and Recreation Victoria	https://sport.vic.gov.au	<p>We work with industry and the sport sector to support the development of world class infrastructure and facilities and to build inclusive participation in sport and recreation</p> <p>Provide: grants, publications, resources; strategic plans; work with others e.g. VicHealth. Various initiative supporting general inclusion in the community sports sector i.e. Gender Equality projects</p>
The Resilience Project	https://theresilienceproject.com.au/sports-clubs/	<p>Broader project but started working with elite level sports clubs including training with players, coaches and admin staff. Offer programs that typical includes presentations for the players, the coaches, administration staff and the player's partners. May have elite focus</p>
VicSport	https://www.vicsport.com.au	<p>Vicsport's aim is to get as many people in Victoria engaging in sport and physical activity as possible. Broad inclusion focus.</p> <p>Provide: advice, assistance, support; advocacy, policy, resources, events, awards, research; information (inclusion & diversity)</p>
Wired to play	https://www.wiredtoplay.com	<p>Book plus consulting firm; focus is on elite athletes and mental health</p>
