

# MUWFC Mental Health Support Persons

*Position Description 2022*

## OVERVIEW & PURPOSE

The Mental Health Support Contacts are a MUWFC initiative to provide:

Support to players within the team who wish to talk to them about things that are going on in both football and the other aspects of their lives. Each Mental Health Support Person will be designated a team Bronte Ryan (Seniors), Nicola Worsley (Reserves), and Caitlin Rea (Thirds).

Whilst the mental health support contacts are skilled, it is important to remember they are not working in professional counseling roles. If they feel that it is required, they will recommend the player reach out to professional support and are able to provide guidance and resources to do this.

## ROLE

To provide players with mental health support and to provide resources/guidance that links players with other support services where appropriate. To facilitate access, participation and to maximise general wellbeing outcomes for players, and to utilise their mental health skills to support and build the capacity of the sporting community toward their goals.

### **Duties:**

- Encourage personal growth by projecting a positive outlook, a sense of belonging, and by promoting social inclusiveness in the sporting and general community;
- Promote positive self-care strategies, and encourage players to enrich their social and living skills.
- Facilitate access to supports and services that help people further their mental health wellbeing journey.
- Encourage sharing and listening.
- Support people to feel more confident in the community and provide advocacy (when required).

### **This may involve:**

- Face to face discussions with a player who reaches out.
- Phone discussions with a player who reaches out.

- Reaching out to players where the Mental Health Support Person notices a change in behaviour or demeanor (eg. a change in engagement at training, appearing withdrawn etc).

**Due to the scope of the role, Mental Health Support Persons will not provide**

- Psychological therapies (eg. CBT, DBT, ACT, psychotherapy).
- Formal risk containment strategies.
- Medication advice.

**They will provide:**

- Active listening and provision of general advice.
- Incidental counseling.
- Informal safety planning utilising appropriate frameworks and by referring on.
- Providing information and where appropriate assistance accessing relevant mental health support services. – outline this in a separate info document to support persons.

**RESPONSE TIME**

<b>REPORTING CHAIN – RUBRIC</b>	
This rubric has been devised to direct the lines of communication to ensure correct reporting measures are reaching the appropriate people, as soon as possible.	
<b>LEVEL OF URGENCY</b>	
<b>LOW: EMAIL/SLACK/IN PERSON AT TRAINING</b>	<b>EXTREMELY HIGH: PHONE CALL</b>
<i>Contact: MHSP</i>	<i>Contact: MHSP to escalate to President and/or Vice President and/or Emergency Health Professional (000)</i>
<i>Expected response time: Within 48hrs</i>	<i>Expected response time: Under 30-mins</i>
General check ins  Request for more information/resources from health professionals	Player welfare issues/challenges occurring in real-time, examples: Threats of suicide/self-harm  Panic or anxiety attacks  Some physical injuries (i.e. possible spinal injury)  Coach-related problems (i.e. coach bullying player on-field)  On-field opposition racial, gender and sexuality abuse/discrimination at games

## CONFIDENTIALITY

Whilst conversations will be confidential, in instances where the Mental Health Support Person is concerned regarding the safety of a player and feels this requires further support, they may reach out to members of the MUWFC committee or Advisory committee for advice, and/or professional support. They may contact appropriate services on behalf of the player. As far as practicable, this contact will be communicated to the player and if possible the player will be involved in these discussions.

Additionally, the Mental Health Support people will keep a record of those who have reached out to ensure they can adequately follow up and provide future check ins and support where needed. Unless requested otherwise by the individual, the Mental Health Support Persons may communicate with each other to ensure that if they are absent from a game, training etc, the other two Support Persons are across any potential needs from individuals who have reached out.

## EXTERNAL SUPPORT SERVICES:

**The following services can help you find support.**

### **1. Contact your GP**

Best person to call on first for mental health support. If you don't have a GP, it is best to choose one who is within a reasonable distance and if possible one who lists mental health as an area of interest.

You may need to book a longer appointment in order to ensure you can discuss what's been going on properly, most GP websites will provide guidance regarding this.

Remember that ½ of all GP consults involve an element of discussing mental health, so even if it's not something you're used to, they are very experienced with this.

***If you feel that you don't get what you need from a GP, psychologist, or any other professional, it is very reasonable to find someone else for a better fit.***

### **2. Finding help:**

<https://www.ruok.org.au/findhelp>

This website holds a great deal of wonderful resources, including immediate support phone help lines, helpful apps, free online self-help programs for mild to moderate depression, anxiety, and stress. This website could be provided as a helpful resource to those seeking further support.

## **Psychology/counselling**

Most psychologists are accessible via a Mental Health Care Plan from your GP. You can search for psychologists by geographical area and/or area of expertise via <https://psychology.org.au/find-a-psychologist>. If you feel that you don't get what you need from a GP, psychologist, or any other professional, it is very reasonable to find someone else for a better fit.

### **3. Finding help fast:**

If you feel you (or someone you know) need professional help before you can wait to see your GP, please reach out to services by calling their triage phone lines. These phones are staffed by experienced mental health clinicians who will be able to help you and make a plan with you for support. Sometimes these phone lines have a bit of a wait, however most have a function where you can leave your phone number and they will call you back. Be aware that this call will likely come from a private number.

There are a number of mental health triage services in Victoria and which one is relevant for you varies depending on where you live and your age. Generally, if you are 25 or under you will be eligible for youth mental health services such as Orygen and if you are over 25 you will be eligible for adult services. Using the link below you can search for which service is for you.

<http://www3.health.vic.gov.au/mentalhealthservices/index.htm>