




MUWFC MENTAL HEALTH PROGRAM: MORE THAN FOOTY

2022-2025



OUR VISION

To be a club known for its commitment to supporting positive mental health, culture and providing support services to all its members. We will do this through the implementation of our Mental Health Program, *More Than Footy*.

This will include:

- Three education sessions provided by sports psychologist Nick Ferrier
- Three Mental Health Support People designated 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. They will be able to direct players to external support services they might need
- Mental Health First Aid Training for staff, volunteers and the leadership team.
- Additional education sessions provided by Nicola Worsley covering communication, culture and leadership styles
- A dedicated web page for external support services for various mental health related needs
- Regular social media posts to provide fortnightly small tips and advice on “Mental Health Mondays”
- A dedicated Mental Health Round each season

RELATIONSHIPS

ACTION	DELIVERABLE
Establish Advisory Committee	-Establish advisory committee to ensure people with lived experience and professional insight are involved in the decision making processes at the club.
Increase culturally inclusive language in media, communications and signage	-Produce welcome signs in different languages to be displayed at O-Week -Reduce use of gendered language in media and communication posts
Build links to external supports	-Arrange meetings with mental health services, providers and community organisations to learn what they do and how we can collaborate -Compile a written list of key supports that appears on your website where club staff and players can easily access it -Ensure that it is clear who has the responsibility to maintain these external relationships -Promote these external supports regularly among your sporting club

RELATIONSHIPS CONTINUED

ACTION	DELIVERABLE
Identify champions of mental health	<ul style="list-style-type: none">-Promote their role and mental health initiatives throughout the club so that people know who to discuss ideas or concerns with.-Meet regularly with other mental health champions across the club, such as those from MUFC, and support one another in implementing initiatives or changes.-Communicate to everyone around the organisation that mental health is a key priority
Raise awareness	<ul style="list-style-type: none">-Host one round with a mental health focus.-Include guest speakers who are experts in the field and have lived experiences of mental ill-health and recovery.-Information sharing such as disseminating information about mental health in written or online form.-Fundraiser for mental health charities incorporated into mental health round if possible-Promote of local mental health services and supports.-Comms team to establish regular content about mental health such as “Mental Health Mondays”

RESPECT

ACTION	DELIVERABLE
Embrace Diversity	<ul style="list-style-type: none">-Incorporate celebrations and social activities relevant to all members.-Incorporate diversity at the staff, administrator, and umpire level, as well as the player level.-Learn more about relevant cultural groups or minorities that are part of your club.-Consult with young people about what will help them feel included and involved.-Use inclusive language.-Continue the “Welcome Packs” to be distributed to new players when they register.
Build a culture of support	<ul style="list-style-type: none">-Celebrate history with pride: cultivate an understanding of the club’s history, promote it through memorabilia and stories.-Active communication and promotion: strong communication with internal participants, and the broader community.-Continue to acknowledge the incredible work of the Club’s volunteers.-Implement Mental Health Training Workshop Program guided by Reserves Co-Coach, Nic Worsley and professional Sports Psychologist, Nick Ferrier.

GOVERNANCE AND REPORTING

ACTION	DELIVERABLE
Report Club Mental Health Support achievements, challenges and learnings internally and externally	-Report our achievements, challenges and learnings in our Annual report (Nov each year)
Provide appropriate support for effective implementation of MHS commitments.	-Define resources needed for further Mental Health Support implementation. -Engage our senior leaders and other staff in the delivery of these commitments.