

# Supporting mental wellbeing in community sport

## A checklist for sporting organisations

This checklist is designed to summarise the toolkit (Supporting mental wellbeing in community sport: a toolkit for sporting organisations) developed by Orygen, The National Centre of Excellence in Youth Mental Health.

Once you have read the toolkit, use this checklist to tick off the ways your club can provide a safe and inclusive environment for players aged 12-24.



### 1. Raise awareness

- Organise events with a mental health focus.
- Invite guest speakers who are experts in the field.
- Allow people to share experiences of mental ill-health and recovery.
- Share information about mental health in a written or online form.
- Fundraise for mental health charities.
- Have an annual mental health week or month.
- Promote local mental health services and supports.



### 2. Build a culture of support

- Celebrate history with pride: cultivate an understanding of the club's history, promote it through memorabilia and stories.
- Family focus: involve families in all areas from junior players, family-friendly events, and scheduling.
- Social spirit and commitment to helping others: include all members of the community, share facilities with the broader community.
- Active communication and promotion: strong communication to internal participants and the broader community about the club's approach to mental health, inclusion, and support.
- Recruit and retain volunteers: provide a range of volunteering opportunities, build relationships with volunteers, and acknowledge their work.
- Club ethos: build pride in a club by demonstrating that the club is an open, supportive, and healthy place.

## Checklist (continued)



### 3. Identify champions of mental health



Promote champions among the organisation so that people know who to talk to in order to discuss ideas or concerns.



Champions meet regularly together and support one another in implementing initiatives or changes.



### 4. Open lines of communication



Combat stigma by promoting and 'normalising' discussion of mental health.



Offer opportunities to exchange ideas and experiences.



Notice and respond to those who are struggling.



Build mental health awareness and knowledge.



Ensure that support is available from multiple people within the club.



### 5. Encourage participation



Call a young person who has been missing and discuss what is happening for them and ask what you can do to help.



Ensure that all players are given a reasonable amount of 'on field' time.



Emphasise the aspects of sports that are about enjoyment and de-emphasise a focus on winning.



Maintain communication with young people who need to take some time off from participating.



Incorporate non-sports related events into the calendar, like social events.



Ensure your awards reflect overcoming challenges, fair play, and team participation - not just excellence in performance.



Offer flexibility in terms of engagement - e.g. offer some flexibility in terms of minimum training requirements to play.



Have a discussion with family when young people disengage to see what the appropriate action is.



Offer or facilitate easy transport to sports events.



Survey young people and families to ask what they think will help with retention and engagement.

## Checklist (continued)



### 6. Embrace diversity

- Be flexible in catering to different people's needs.
- Don't tolerate bullying, racism, vilification, or intimidation.
- Hold 'come and try' days.
- 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.
- Have processes to welcome new people and offer them support.



### 7. Foster wellness and resilience

- Focus on a young person's strengths and unique capabilities.
- Empower the young person to set their own goals.
- Normalise periods of challenge, mistakes, and losses.
- Ensure that it is an expectation that all young people are active in taking care of their wellbeing.
- Encourage young people to come up with their own solutions to issues, with your support.
- Try to set goals that are realistic and achievable.



### 8. Build links to external supports

- Arrange meetings with local schools, mental health services, and community organisations to learn what they do and how you can collaborate.
- Compile a list of key supports on your website so that club staff and players can access it easily.
- Ensure that it is clear who has the responsibility to maintain relationships with external supports.
- Promote these external supports regularly among your sporting organisation.
- Invite external organisations to your club events and ask them to introduce themselves.

#### Further resources

Be sure to check out the other resources within this suite, including the [guide](#), [toolkit](#) and [video](#).