



Football

Wellbeing Policy

22 March 2022

A state of wellbeing is one in which a person realises their potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community.

To maximise the wellbeing of members our club is committed to:

- Raising awareness
- Building a culture of support
- Identifying and supporting champions of mental health
- Having open lines of communication
- Encouraging participation
- Embracing diversity
- Building links to external supports

To achieve these objectives we will:

Raise awareness by the conduct of information sessions on wellbeing.

Provide members with information on resources available, such as the Football Australia toolkit and awareness training, and on contacts within the club.

Establish and maintain a culture of openness and support for all within the club. Support new people and encourage a participatory ethos.

Identify and develop champions within the club

Encourage participation. If members disengage we will check to ensure that all is well and see what we can do to help.

Note should be made that Football Australia partnered with the Black Dog Institute in 2020 to provide assistance education and support to a range of participants in football including people involved in grassroots football. These resources and points of referral are documented on the Football Australia website and include information on anxiety and stress, eating disorders, schizophrenia, bipolar disorders, depression and others. The resources include diagnostic tools, online clinics and points of referral and are available to club members. They can be accessed through the Football Australia website or at www.ffa.com.au/black-dog-institute.

**The following page includes contact details for 24/7 Mental Health Services



24/7 Mental Health Services



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide


 suicidecallbackservice.org.au

 1300 659 467

Lifeline

Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046