

WELLBEING AND MENTAL HEALTH SENIOR CLUBS

This session is designed to give participants an understanding of anxiety and depression and provides them with positive mental health habits for life. It educates participants in how to have real conversations and aims to reduce the stigma that remains around mental health issues. Participants are encouraged to ask good questions of their friends and to be open and honest about how they are coping and gain a better understanding of support structures available. People who reveal that they are languishing are connected to people with capacity to ensure they receive follow up.

"The SALT session created an environment where people felt comfortable and engaged with opening up in front of teammates. It highlighted the importance and relevance as our club being a safe and supportive space. Personally I feel this has strengthened our connection with teammates, to our club and our community."
Calivil United FNC

Topics covered in the presentation include:

- What is mental illness?
- Applying strengths from sport into everyday life
- What life-challenges do athletes face?
- What is depression and what is anxiety?
- When can feeling anxious or depressed become a problem?
- What behaviours indicate that a person may not be coping?
- How to improve mental health
- The value of genuine conversation
- Practical ways of looking after yourself and your mates
- Suicide prevention strategies
- Reducing the stigma
- Where to go for help



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