

John Mannion

SA Mental Health Commission:
Mental Wellbeing in Sport

Breakthrough partnering with the SANFL



Our Vision:

***“To Help Create a Life Free
from Mental Illness”***

SANFL Vision:

***“Healthier, more connected
lives through the enjoyment
of footy.”***



Community Activation

TACKLING MENTAL HEALTH
HEAD ON



Breakthrough
Community
Round
June 22

80+ Footy Clubs, 10 Netball Clubs, 1 Rugby Union Club.....



Phase One:

Clubs will participate in the Breakthrough Game / Round as part of the league promoting Mental Health and Wellbeing.

Phase Two:

Breakthrough to provide a Mental Health Awareness session to the playing team and wider club community:

- Mental Health Awareness
- Stigma and Discrimination
- Signs and Symptoms
- How to look after yourself and each other.

Phase Three:

Accredited Mental Health First Aid (2 day course)

Promoting 2 Mental Health Ambassadors within each club.

Propose 3 up to three courses per year across the state.

Research Project:

Research Project led by Professor Drummond to measure the impacts of the above program within the clubs

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HEAD ON



**BREAK
THROUGH**

mental health
research
foundation