

Welcome message

Sport impacts and engages the majority of South Australians.

It is the ideal medium to build resilient, compassionate and connected communities.

Sport builds our physical and our mental health and each need to be treated equally.

In our pre-event survey, you told us the top mental health concerns in our sporting communities are anxiety, depression and performance. You also said you'd like more support, education and resources to support and maintain mental health in your club or organisation.

It's great to have you at today's Mental Wellbeing in Sport forum. You are well qualified to discuss your concerns and identify what is needed.

Together we will co-design resources which will feature on the SA Mental Health Commission and Sport SA websites.

Together, we can make a difference.

Thank you sincerely for your contribution today.

Chris Burns CSC
SA MENTAL HEALTH
COMMISSIONER

Leah Cassidy
SPORT SA CEO

Support

Talk to your GP, local health professional or someone you trust.

- **Mental Health Emergency 13 14 65**
(This is the South Australian 24/7 mental health triage service)
- **Lifeline 13 11 14**
- **Lifeline Crisis Support Online Chat**
www.lifeline.org.au/Get-Help/Online-Services/crisis-chat
- **Suicide Call Back Service 1300 659 467**
- **Kids Helpline 1800 55 1800**
- **Mensline Australia 1300 78 99 78**
- **Beyondblue 1300 22 4636**
- **Mental Health First Aid Training**
www.mhfa.com.au
- Find the best support options for young people & parents: au.reachout.com/#nextstep
- If you want to see a psychologist:
au.reachout.com/articles/psychologists
- www.playbytherules.net.au/resources/articles/supporting-mental-wellness



Government of South Australia
SA Mental Health Commission



SA: a great state of mind.

samentalhealthcommission.com.au

SA Mental Health Commission

Mental Wellbeing in Sport

Tackling mental health
issues in sport together!

FRIDAY 28 JUNE 2019
MORPHETTVILLE RACECOURSE



Mental Wellbeing in Sport PROGRAM

Compere: **Ali Clarke, ABC Radio breakfast presenter**

10am	Registration and networking: Morning tea available
10:25am	Please be seated
10:30am	Welcome to Country
10:35am	Ali Clarke, Presenter
10:45am	Mr Sam Duluk MP officially opens forum
10:50am	SA Mental Health Commissioner Chris Burns CSC & Sport SA CEO Leah Cassidy
11am	Presentation: Data, statistics and key mental health issues in sport
11:15am	Presentation: Matt Ball – Emotional CPR
11:30am	Top concerns as provided by you in pre-event survey Panel Discussion: Practical advice on maintaining good mental health in your club/community
12:40pm	LUNCH
1:30pm	Solution Sessions
2:45pm	AFTERNOON TEA
3pm	Final data of the day: what you told us Door prizes announced Final words: Chris Burns and Leah Cassidy
3:30pm	EVENT ENDS



“Be genuine, start small and don’t be overwhelmed by the task.”

– SA MENTAL HEALTH
COMMISSIONER CHRIS BURNS

Where to begin?

Clubs and organisations can ensure people feel encouraged, supported and valued which also builds great connections.

- ✓ Encourage open conversations – sometimes just being there to listen will make a difference to someone who is struggling.
- ✓ Good health is more important than winning: place as much importance on mental health as you do on physical health and aim for a good life balance.
- ✓ Embrace the human-first, athlete-second philosophy which places great importance on a person’s mental health and encourages open discussion on mental health www.beyondblue.org.au/personal-best/pillar/in-focus/sport-and-mental-health

- ✓ Remember you can build emotional strength as well as physical strength. It’s all skill building.
- ✓ Needing help is not a sign of weakness – reach out for support early.
- ✓ Encourage awareness, information sharing and education (such as mental health first aid or Emotional CPR). This will help players, coaches, parents and volunteers to build their skills and confidence and learn ways to recognise when people are in distress and offer support.
- ✓ Try not to use tags like ‘mentally tough’ on someone because they are dealing with situations, with crises, with demands, better than someone else. It just means that the person who is coping better has been afforded the opportunity to develop a skill set that enables them to do so – Gaylene Clews, former world No. 1 triathlete, performance psychologist and author of *Wired to Play: The Metacognitive Athlete*.
- ✓ Learn how to raise awareness and increase mental health literacy to eliminate discrimination at www.sane.org
- ✓ Listen to what club members and individuals say about ways to nurture good mental health and reduce risks, such as bullying and change. Practise – and expect all people at the club to practise – respectful communication and behaviour.