



Old Streetonians Mental Health and Wellbeing Action Plan

The Goals:

1. Support any member facing mental health challenges
2. Remove the stigma attached to mental health
3. Raise awareness to organisations supporting mental health

1. Support any member facing mental health challenges.

- Ensure the Club always has mental health first aider
- Promote and support other members to undertake mental health training and join the Club's Wellbeing Team
- Promote the Wellbeing Team and service so every member of the Club is aware of who is available for support and how to access support
- Set up a Google Form and email account specified for Members to disclose information in times of need
- Links with outside agencies to help support the Wellbeing Team

2. Remove the stigma attached towards Mental Health.

- Increase social media representation
- Improve links with outside agencies that support similar causes
- Partake in more social events that aim to tackle the stigma (e.g. Mental health awareness week/Movember)
- Source workshops that can be attended by all Members

3. Raise Awareness of organisations that support mental health.

- Establish links with agencies both national and local
- Promote agencies brands via social media/word of mouth and social events

What have we done already?

- One Member completed the MHFA course with one other Member already signed up
- Designated a Club Wellbeing Ambassador



- Begin partnership with Mindset, LooseHeadz and Give a Ruck with promotion across social media
- Discussion with Movember over future partnership ongoing
- Set up a Club email (oldstreetrugbywellness@gmail.com) that is direct to the Wellbeing Team as well [as Google Form](#) to request help and discuss any concerns
- Gain interest from other Members in regard to joining the Wellbeing Team
- Discussion with both Give a Ruck and Mindset to deliver a Mental health workshop for the Club's Members

Next Steps

- Continue to improve the link with current partnerships
- Finalize the partnerships currently being discussed
- Encourage more Members to attend mental health awareness training
- Endeavour to find links to more local mental health organisations to help support one and another
- Complete Give a Ruck mental health workshop on Monday, September 13
- Investigate similar workshop with Mindset
- Movember will be sending suggestion / ideas to help us begin a fundraising / awareness raising campaign this November.
- Represent our commitment to Members' mental health and raise awareness by featuring partner organisations on our playing kit