



**MENTAL HEALTH WELLBEING
SUPPORT PROGRAM**

TANGO NETBALL CLUB

MENTAL HEALTH WELLBEING SUPPORT PROGRAM

BACKGROUND

- According to the World Health Organisation - Mental Health is a state of wellbeing where an individual realises their abilities and can cope with the normal stresses of life. Looking after our mental health is just as important as nurturing our physical health.
- Maintaining Mental Health is a prominent challenge in our community.
- There can be a lot of uncertainty when it comes to Mental Health and this includes stigma, uncertainty about where to gain support and limited support services available.
- Many people do not know where to turn – community clubs can be a place where people find connections and small connections can be what is needed to find support and resources.

PROCESS

- Tango will identify relevant and suitable Community Support Members who have a working knowledge of key Mental Health services and resources, together with appropriate skills to facilitate such discussions.
- Relevant Community Support Members will be endorsed by the committee.
- These Community Support Members will be promoted within the club as key contacts should any players or immediate family members identify as needing information about potential support for Mental Health related challenges.
- The Community Support Members will undertake a warm conduit role that can facilitate initial support to seek out onward referral to services that can offer ongoing support.

KEY PRINCIPLES

- Tango Community members can request contact for information and initial guidance from the Community Support Members.
- As members learn about this initiative, they are encouraged to promote the Community Support Members to anyone that may benefit.
- The Community Support Members do not provide ongoing counselling or support within this program. They will assist you to identify appropriate professional and/or emergency support services.
- Discussions held with Community Support Members are confidential with basic record keeping retained electronically on password protected USB sticks by the Community Support Members. Data kept includes people who reach out for support, their enquiry type, and the outcome of the support request.
- If contact is made by a child (under the age of 18 years) – the Community Support Members will actively encourage the benefits of sharing information with the parent or guardian unless this is not in the best interest of the player/person seeking support and they will report as legally required.
- Community Support Members will on occasion promote Mental Health Wellbeing by sharing information and resources – this may be via face-to-face presentation, email, or social media functions.
- Community Support Members may also have professional qualifications or private practices in the mental health area. These members will ensure that a broad variety of support services are recommended as competitive neutrality must be considered. If a referral is made to a Community Support Member, this is not part of the Tango program and will be made clear in the record keeping documentation and by the service provider.

SUPPORTING DOCUMENTATION

- Contact Record form – refer to Appendix A
- Standard Letter to individual outlining recommendations for support must be sent to confirm in writing what has been suggested – refer to Appendix B

APPENDIX A

**Tango Mental Health Wellbeing Support Program
Contact Record**

Date: _____

Name of Member who made enquiry: _____

Name of person support relevant to: _____

Date of birth of person support relevant to: _____

Member phone number: _____

Member email address: _____

Brief description of enquiry:

Any comments/sensitivities:

Recommendation:

Any follow up requirements:

Confirm that follow up letter/email has been sent noting recommendations: Yes / No

Name of Tango Community Support Member: _____

Signature of Tango Community Support Member: _____

APPENDIX B

Dear <Name>

RE: Support sought from Tango Mental Health Wellbeing Program

Thank you for reaching out to have a brief chat about <Issue details>. Hope you can take the time to give yourself a pat on the back for taking this step as often these things can be hard.

As mentioned, I encourage you to make contact with <Details of recommended support services/conyacts> < for initial assessment or to start by phoning xxx helpline or look at xxxxx website for some valuable resources and more info or to consider counselling options via>

Please remember that this program is a club initiative to recognise and value the importance of mental health and how this is just as important as our physical wellbeing. The program is intended to support early conversations around support needs, offering resources and suggested onward referral options. The program is not a professional counselling service or treatment service.

Kind regards

Tango Community Support Person

Tango Netball Club

<Date>