NEW LAMBTON FOOTBALL CLUB INCORPORATED

NEW LAMBTON FC JUNIORS

CRITICAL INCIDENT RESPONSE GUIDE 2023

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Introduction

1. Purpose

The Critical Incident Response Guide aims to assist our Club respond to, and manage, a critical incident. It provides guidance to our Club in navigating our responsibilities following a critical incident, along with supporting those experiencing distress, in a guided path to recovery and return to regular, scheduled routine and activities.

The document aims to:

- Support the safety and wellbeing of members and participants of New Lambton FC Juniors.
- Promote effective and consistent identification, reporting, response, management and monitoring of critical incidents that may affect our Club.
- Promote a systematic approach to critical incidents in our Club.
- Identify services available to support our Club, members and associates following a critical incident.

2. How to use the Response Guide

The impact of a critical incident can be immediate and requires a calm, compassionate and timely response to promote the safety and wellbeing of others and a safe return to activities. Close knit communities, such as Clubs, may find challenges in seeking the right resources and networks to manage the overwhelming experience after it occurs, along with implementing the appropriate support services for our Club's people.

This resource helps our Club, and our Club leaders, provide guidance and support to our members. It outlines clear and practical steps for our Club leaders to follow thereby assisting our Club in supporting its community, along with a checklist for our Club to refer to in their response. It helps us understand the different approaches to the wide range of critical incidents and helps our Club through the following key stages:

- Preparation,
- Response,
- The first 24 hours,
- The first 7 days, and
- Longer term.

The Guide is used as a reference point in working through the incident that has occurred. It can be used in conjunction with our other policies and procedures, and with the support of the relevant zone, area and state controlling bodies.

3. Key Definitions

Club: New Lambton Football Club Juniors

Club Member: An individual who is associated with the functioning of the club, including players, coaches, officials and volunteers.

Critical Incident: Critical Any extraordinary and unexpected circumstances that may cause a traumatic reaction. Examples may include:

- The death or critical injury of a Club Member, or family member or associate of the Club during or outside of football activities.
- Abuse or assault of a Club Member or perpetrated by a Club Member.
- Racial vilification connected to Club activities or a Club Member.
- The destruction, vandalism or significant loss of property of the Club.
- A natural disaster or other major critical incident in the community.
- Any incident that is charged with extreme emotion.

Response Team: A dedicated team within the Club charged with the responsibility to manage the Club's response to a critical incident.

Mental Health Professional: A person who has specific qualifications at a graduate or postgraduate level (accredited by the relevant authority to practice) in one of the following disciplines: nursing (mental health), psychology (registered psychologist), occupational therapy, social work (accredited in mental health), or medicine (GPs, Psychiatrists, and trainee psychiatrists). These people have specific training in psychopathology, assessment, and treatments for people with diagnosed mental health difficulties.

4. Phase One: Preparation

4.1 Pre-Season Preparation

4.1.1 Developing a Response Plan

The Response Plan outlines the Response Team, any tasks, roles, and responsibilities assigned to that team if / when a critical incident occurs. The Response Plan aims to reduce the effects of the event impacting on the immediate response, allowing for those within the Response Team to move into action, as soon as possible, because they are aware of what is expected of them.

Responding to a critical incident requires immediate action in a very complex situation, and therefore it is best to have a prepared Response Plan to call upon. Preparing a Critical Incident Response Plan within the club may assist in the immediate actions and coordination when an incident occurs. The Club Critical Incident Response Plan outlines:

- The Response Team
- The Critical Incident Checklist (Appendix 1)
- The Mental Health Services to assist in the response.
- Local contacts for counselling and referral (Appendix 3).
- Key contact numbers (Appendix 2).

It is recommended that the Response Plan is reviewed and amended by the Club Committee at the beginning of each season.

4.1.2 The Response Team

Responding to a critical incident should not fall on one individual, but instead bring together several people, to ensure adequate management and support, guided by the **Critical Incident Checklist** (Appendix 1). The duties of the Response Team may vary in relation to the circumstance, including the support of the club community, liaising with family members, ensuring appropriate management of information and resources, as well as reporting information to insurance and legal teams. Keeping the response team to 5 - 6 people (where possible) ensures an even load of responsibility, with effective lines of communication, people management, and resource sharing. It is recommended that a leader is nominated to assist in leadership of the Response Team.

The Response Team should be made up of appropriately skilled individuals who are able to work effectively under pressure, while possessing a high level of organisational skills and empathy. Due to the unpredictable nature of a critical incident, not all members of the planned Response Team may be appropriate. Members should have an opportunity to opt out if they are impacted by the event, or feel they are unable to undertake responsibilities. Community clubs may not have access to psychologists or welfare managers, and therefore should look to engage in support from local community organisations, such as Headspace or Lifeline.

4.1.3 What does the Response Team Do?

Following a critical incident, the Response Team has several responsibilities that surround the primary role of promoting the safety and wellbeing of the club community, as well as documenting and providing information to required reporting outlets (e.g. insurance, WHS, etc) and returning the Club to its usual activities. The Response Team will look to ensure that resources and responsibilities are attended to efficiently and that consistent and accurate information is collated, with appropriate advice / recommendations shared with the club community.

Those involved in the Response Team may take on responsibilities such as:

- Liaising with local authorities, family and the community
- Making safe any incident site/s
- Preparing and collating information to be shared to the community in a consistent and accurate manner
- Managing messaging and announcements, providing media contacts and information
- Identifying vulnerable individuals who may be at risk
- Working with mental health professionals and organisations to provide guidance in terms of support and counselling
- Communicating with zone, area or state football association and / or FA with the aim of returning the Club to its usual activities
- Collating information for Legal advice or documents and / or insurance claims and/or any formal reports
- Documenting all actions and notifications

4.1.4 Mentally Fit and Capable Club

Clubs play a role in being healthy places for their members and are an important part of mentally fit and capable communities. By promoting the equal importance of mental and physical health and contributing to the mental health literacy of its members, Clubs can be part of the solution to promoting healthy communities. **Appendix 4** provides a checklist that supports the steps towards a mentally fit and capable club and may assist in a response if a critical incident were to occur.

5. Key Contacts

Refer to **Appendix 2**.

6. Phase Two: Response

6.1 Responding to Incidents

The term “Critical Incident” can cover a vast number of circumstances and events, including but not limited to the death of a Club member, community crisis or assault. Responding to a critical incident can require slightly different approaches, depending on the circumstances. In the case of incidents that include physical or sexual assault, racism, legal matters or other private matters, the response and management of the critical incident must take a sensitive journey of support, compared to that outlined in the Critical Incident Checklist.

6.1.1 Suicide or Suicide Attempt

In the case of a suicide or suicide attempt of a Club member, it is recommended that clubs refer to the advice provided by the relevant and appropriate services regarding notification of persons, etc (e.g. Police, etc). This is to ensure appropriate response in relation to suicide contagion and individual management. When a death by suicide has occurred to the greater Club community (e.g. parent / sibling of player), it is appropriate to refer to the Critical Incident Response Guide.

6.1.2 Physical or Sexual Assault

If a sexual assault has been reported to the Club, it is essential that the Club contact police first for assistance in response, as their involvement is a priority. The Club should then make a formal report through the relevant Integrity reporting portal, so that they are aware and can assist where appropriate. Respect for those involved is crucial when responding to sexual assault allegations due to the nature of the incident and potential future circumstances that may result from the report. The Club may take on the role to emotionally support those involved.

6.1.3 Racism and Discrimination

Racism and disrespectful behaviour are taken seriously by the Club. If an individual at the club experiences a form of racism when engaged in a game, training or attending a Club event, they are encouraged to make a formal report through the Club. These matters are supported by the relevant zone, area and state association/s, and individual case management is offered to the individual and the Club. These circumstances do not always have to be made public to the Club community.

6.1.4 Child Related Allegations

If a report is made in relation to a critical incident involving children and young people, the club must contact the police to report the information. Zone area and / or state associations are available for referral to support for the individual. The Club should then make a formal report through the relevant zone, area and state assocation/s, so that they are aware and can assist where appropriate. These associations can help guide the Club in our response and management of critical incidents involving children and young people.

A CRITICAL INCIDENT (CI) HAS OCCURRED		
IMMEDIATE RESPONSE	Call 000 in an emergency	
	CI occurred during a game or at the Club	Refer to the Critical Incident checklist
	Is the CI a suicide?	Refer to Police
FIRST 24 HOURS	CI did not occur at the Club, but members impacted	Gather information and ensure safety of individuals involved Gain family / police authority to release information
	Contact Newcastle Football	Seek assistance from relevant association Association if need e.g. media / comms
	Contact Club Response Team	
	Set meeting place and time for people to come together to gain information	Coordinate appropriate support from Emergency Services and / or relevant association to attend briefing
	Prepare information to be shared - email / script	
WITHIN THE FIRST 7 DAYS	Bring the Club together	
	Restore regular training	
	Monitor those at risk	Refer to How to Seek Help
	Liaise with those involved	
	Document activities and information	Complete Critical Incident Checklist
LONGER TERM SUPPORT	Follow up with support services to those impacted	Refer to How to Seek Help
	Adjust / plan Club activities that need to be considered	
	Provide information session (if necessary)	
	Follow up with any insurance claims, etc	
	Conduct a CI review	

7. Stages of Response

Responding to the critical incident can be overwhelming and often it is hard to know where to start. The types of critical incidents are also vast and can relate to a range of different circumstances such as environmental, workplace safety, serious injury or death. Therefore, how clubs respond can vary significantly. The Critical Incident Checklist (Appendix 1) allows the Club to work through phases of response.

The following information provides insight into the social and emotional response to a critical incident and suggestions to supporting the Club's people, with actions aligned with the Critical Incident Checklist (Appendix 1).

7.1 The First 24 Hours

The initial response focuses on the immediate issues that need to be considered within minutes / hours following a critical incident.

7.1.1 Gather Information and Ensure Safety

- If the incident happened away from the Club, confirm the details, and find out as many facts as possible with family (or police). Investigate any rumours immediately
- If the incident happened at the club, ensure the safety of the players, coaches, and volunteers, including administering first aid, calling emergency services (000)
- Ensure the scene is secure and any witnesses are moved to an area of support
- Ensure those affected are not left alone
- Contact families if necessary

7.1.2 Contact Response Team and Association/s

- Contact Response Team
- Check suitability of team – have they been directly affected by the incident?
- Identify any in the Response Team who are impacted and need to change responsibilities or opt out of managing the response.
- Contact relevant Mental Health Services or Agency that may assist in support for club
- Inform relevant zone, area and state association/s, and make a formal report
- Contact the family affected by the incident to gain information on the incident, and permissions to share circumstances with the Club / football community

7.1.3 Response Team to Meet and Assign Responsibilities

- Come together in person, via phone or video link as soon as possible
- Modify the plan as required for the circumstances
- Inform Coaches, Team Manager, and Committee Members - contact prior to training

7.1.4 Set a Time to Come Together

- Set a time and a place for people to come together to hear information, be together, and ask any questions about the critical incident. This can be within the first few days of the incident
- Assign a representative to lead this session, from the Club, and through an external service, e.g. mental health, police, medical, etc
- Identify any “at risk” individuals or groups, in preparation for mental health services

7.1.5 Prepare a Script and / or Email

- Ensure that information is correct and consistent
- Confirm how information will be shared to the Club community
- Inform the Club in their teams, via a script. Note any absent players / coaches and any who may be very distressed
- Individuals may already be aware of the situation due to family connections or social media, etc. It is important to still stick to a script in informing teams
- It may also be appropriate to contact players and coaches individually to inform them before training occurs
- Inform the Club Community. Include information relating to help services, any group meeting opportunities
- Inform the greater football community, via Club President/s. Inform them of any group meetings for the community to attend
- Ensure coaches have support within the club and access to external professional advice where required

7.2 The First Week

The secondary response is focused on the emotional needs of people impacted, looking to guide and support people affected to the appropriate resources.

7.2.1 Bring the Club Together

- Ensure accurate information is prepared for the session, in consultation with those directly affected
- Allow people to be together, ask questions and answer with what is appropriate and “need to know”

7.2.2 Restore Regular Training

- Restore regular training sessions to the original schedule as soon as possible
- Maintain flexibility in attendance to those directly affected, continue to check in with them

7.2.3 Monitor Those at Risk

- Continue to identify, monitor, and support people at risk
- Continue to promote help seeking behaviours, referring to further mental health support
- Monitor any memorial sites, and communicate with teams any required changes to training, games, or activities
- Keep coaches and team managers informed through regular meetings before or after training. Communicate updated information and provide space for concerns and questions to be raised
- Ensure coaches and team managers are aware of access to external professional help
- Keep families informed about support services, any changes to routines and activities surrounding training and football commitments

7.2.4 Liaise with the Family (if Applicable)

- Continue to liaise with family
- If there is a funeral involved, coordinate the Club's involvement
- Collect any belongings of the deceased from the Club and look to return to family (or police) at an appropriate time

7.2.5 Provide Information on How to Seek Help

- Continue to monitor the wellbeing of people at the club, reviewing any at risk individuals and referring them to avenues of help
- Direct club members to the How to Seek Help document (Appendix 3)

7.2.6 Document Activities

- Document all meetings and activities, along with any action plans made to support the critical incident response

7.3 Long Term Support

7.3.1 The First Month

- Ongoing support for the / any affected family
- Plan for relevant events that the Club may hold (fundraisings, awards nights etc)
- Gather information from team officals on any changes for a critical incident review
- Conduct a critical incident review
- Consider organising an information session for the Club community
- Continue to document any actions in response to critical incident

7.3.2 Ongoing Support Long Term

- Continue to monitor players, coaches, and team staff
- Promote help seeking behaviours
- Work with family as to the level of support and community needed moving forward
- Keep the community informed
- Plan for anniversaries, birthdays and any other significant events
- Implement the recommendations of critical review
- Continue to document all activities and actions
- Considerations for start / end of season
- Consider mental health education and initiatives for the club

7.3.3 Review the Response

Once the immediate and secondary responses have been implemented, things may begin to feel more settled. It is important to review the response to the Critical Incident.

- Evaluate and Debrief the Response
- Spend time evaluating the Club's response and debriefing the experience
- Allow people to contribute feedback on how the club managed the response
- Any considerations that were beneficial or overlooked in the process of response
- Review the mental health culture of the club
- Consider how you will monitor those who are at risk?
- How will anniversaries be handled?

7.4 Considerations

7.4.1 Critical Incident Occurs at Another Club

- If / When appropriate, inform other clubs within the league of the incident
- Invite members of the wider football community to attend any gathering or information sessions
- Regular training should continue at other clubs not directly affected, with flexibility, knowing possible connections with the incident
- Provide clubs with How to Seek Help document

7.4.2 Critical Incident During the Off-Season

- Continue to follow Critical Incident Checklist and adjust where appropriate
- Club members may be informed via email, rather than face-to-face at training
- Allow for club members to come together if required

7.4.3 Critical Incidents that are Private

- All private critical incidents require compassion, respect and supportive response
- Confidentiality may be required, as well as intervention from emergency services, the relevant association/s, or external services

7.4.4 Memorials and Acknowledgements

- In the case of a death, the club may look to acknowledge the individual's contribution to the club, through an award, memorial plaque or similar. This can be beneficial to those grieving, but it is important to consult with the individual's family and teammates
- Set limits on the material and content of the memorial, to assist in reducing the risk to vulnerable people affected by the incident
- Follow the wishes of the family
- Monitor any online memorials for appropriateness
- Ensure any messaging is clear and correct
- Where possible, promote help seeking behaviours

7.4.5 Funerals

- Consider the Club's involvement in the funeral, and ensure they align with the wishes of the family
- Coordinate and manage attendance of club members at the funeral

7.4.6 Social Media and Media

- Local media may show interest in the incident. The Club President or member of the Executive should be allocated to speaking with the media about the situation
- Seek support from the state body if unsure on how to manage media interest
- Manage the Club's social media in relation to the incident so that is respectful and appropriate towards those involved
- Monitor any social media interaction by Club members and encourage them to be mindful when commenting or responding to information about the incident

7.4.7 Supporting Those Directly Impacted by the Incident

- Limit the number of direct contacts to the family involved, by assigning a member of the Response Team to liaise with them
- Offer support through external agencies and services
- Involve them in any decisions being made in relation to the incident and the Club
- Maintain regular contact with them, even the weeks / months following the incident
- Provide information to the community on how they can support the family
- Share memories through a book at the Club
- Cook meals for the family
- Offer support for siblings or other family members
- Donate to an organisation or charity event

APPENDIX 1.

Critical Incident Checklist

RESPONSE - FIRST 24 HOURS			
ACTIVATION	**YES**	**NO**	**DELEGATE**
Verify information			
Take appropriate safety precautions (e.g. turn off gas, water and / or electricity)			
Administer First Aid where appropriate			
Contact emergency services as appropriate: Ambulance, Police, Fire Brigade, gas provider, water provider, electricity provider Phone numbers for each of these are on the Emergency Management Contact list			
Ensure the incident site remains secure and undisturbed where Police or Safety Regulator are likely to be involved			
Remove people from the scene to an appropriate assembly area or clubroom			
Activate an incident management team to plan further actions and enact the response plan Allocate specific responsibilities			
Record details of the event, including the source/s of information Make notes as information is received			
Gain family / Police authority to release information			
Is it a Critical Incident? If not, manage locally If yes, initiate notifications			
Contact relevant association			
Seek assistance from the Response Team and the relevant association media unit for all communications about the incident			
Instruct staff / volunteers / Club officials to direct media enquiries to Media Liaison Officer			
Activate the communication plan, including key communication methods and timings needed to keep everyone safe and prepare an incident statement			
Identify contact lists (below) for all the people you will need to communicate with during the crisis, including staff, emergency services and support providers			

RECOVERY - SHORT TERM - FIRST 7 DAYS	
COMMUNICATION	**DELEGATE**
Offer immediate comfort and support to those most affected	
Make direct contact with affected staff or families (in the case of a death, Police contact the family)	
Prepare a statement for informing players, Club members and determine method of delivery	
Brief all staff of known facts Ensure everyone knows how to respond to media (i.e. direct all enquiries to the on-site incident manager) and understands support strategy for players and Club members	
Inform players using a prepared statement and offer comfort and support Consider siblings and close friends	
Set up a recovery room	
Provide space for those who may be distressed, and provide support from Wellbeing Services staff (Psychologist, nurse, Chaplain) Make arrangements for players / siblings / parents to be reunited	
Prepare a written statement related to incoming enquiries and for players to take home to their parents Liaise with relevant association Department's media unit and other agencies before releasing information	
Identify and notify others who need early advice (e.g. key community agencies, other Clubs affected, other districts)	
Consider the Employee Assistance Program for persons in need	
RESTORE	**DELEGATE**
Plan to restore regular training	
Continually monitor those at risk	
Liaise with those directly impacted by the incident	
Document process and activities undertaken	
RECOVERY - LONG TERM - FIRST MONTH	
COMMUNICATION	**DELEGATE**
Follow up with support services to those impacted	
Adjust / Plan any club events that may need to be considered	
Provide information session (if applicable)	
Follow up with any insurance claims, etc	
Conduct a CI Review	

APPENDIX 2.

Emergency Management Contact List

To be prepared and reviewed annually. Used for quick reference in case of an incident.

EMERGENCY SERVICES - IN AN EMERGENCY DIAL 000		
Police		000
Fire		
Ambulance		
Electricity - Ausgrid - 24 Hour Emergency Service		13 13 88
EPA - General Enquiries		13 15 55
Gas - Gemena - 24 Hour Emergency Service		13 19 09
Hospital	John Hunter	4921 3000
	Mater	4921 1211
Land Owner - City of Newcastle		4974 2000
Mine Subsidence		4908 4300
Poison Information		13 11 26
RMS - Roads and Maritime Services		13 17 00
SES - Newcastle		4940 8059
Telephone - Telstra		13 22 03
Water - Hunter Water Corp		1300 657 000
SafeWork NSW		13 10 50

APPENDIX 3.

How to Seek Help

NAME	BEST CONTACT
POLICE / FIRE / AMBULANCE	000
BEYOND BLUE	1300 224 636
LIFELINE	13 11 14
SUICIDE CALL BACK SERVICE	1300 659 467
SPORT CHAPLAINCY AUSTRALIA	1300 518 058
KIDS AND YOUTH HELPLINE	1800 55 1800

How to seek help

Our mental health changes over time in response to different stressors and experiences. We can all move up and down the mental health continuum. Managing your own mental health is important at all stages of the continuum.

When should you reach out for help?
The earlier the better.
When you are reacting or injured, start the process and know your options.
If you are experiencing mental ill-health, reach out for professional help.

Mental fitness	Healthy	Reacting	Injured	Illness
» Energised, ready for challenges » Resilient to large stressors » Emotionally aware and thriving » High motivation » Leading others to achieve and flourish » Superior focus, problem solving and decision making » Strong impulse control » Excellent sleep patterns	» Socially engaged with work, friends, footy and family » Recovering quickly from setbacks » Self-aware and managing emotions appropriately » Motivated and flexible » Good decision making and problem solving » Normal sleep patterns	» Irritable, nervous, sad and reactive » Feelings of stress or anxiety » Trouble sleeping » Low motivation » Procrastination and indecisiveness » Withdrawing from social networks » Low resilience to daily stressors	» Feeling moody, irritable or teary » Lacking energy and motivation » Tired, having trouble sleeping » Having trouble concentrating and making decisions » Feeling overwhelmed by emotions » Missing training, or regularly running late » Withdrawn from friends, family	» Social isolation » Excessive anxiety, depression » Can't fulfil obligations » Unable to fall/stay asleep » Feeling worthless or hopeless » Letting people down » Thoughts of self-harm or harming others » Using alcohol to cope

1 Identify signs early

Are you experiencing symptoms in the orange and red end of the continuum? Have they been occurring for two weeks or more?

The earlier you seek help, the better your outcomes.

Early identification is important! It leads to early intervention. You may reduce the time and severity of your health condition.

2 Who is your helper?

Is there someone you trust who you can reach out to? Can they assist you in discovering your professional help networks?

Ask a friend, family member or someone you trust to help you book the appointment.

Helpers might be:
Family members or partners
Teammates
Coach
Team volunteer

3 You have options

Explore your options – there are different levels of support, depending on your experience and situation.

This could be online or telehealth, or face to face using professional health sources.

Everyone's circumstances and mental health are unique. There is no one size fits all for building mental fitness or managing mental ill-health

4 Connect and commit

Know that seeking help through qualified professionals ensures your privacy and confidentiality by law.

Persevere. Changing mental habits is like building physical fitness skills and requires practice and commitment.

Challenge the belief that 'I should be able to fix things myself'.

In-Person Support

General Practitioner: Mental Health Care Plan

A support plan for someone who is experiencing mental health issues, referred by a GP/Doctor to an expert, such as a psychologist or mental health consultant.

Individual has access to Medicare rebates for up to 10 individual and 10 group appointments with allied mental health services in a year.

Private Psychologist

You can attend a consultation without a referral, but if you visit a GP, you may be assessed for a Mental Health Plan.
To access this service, make an appointment with a psychologist or with your GP/Doctor.

Headspace

Your local headspace centre provides primary mental healthcare and counselling services for 12-25 years.

headspace.org.au/headspace-centres/

Australian Indigenous Psychologists Association

Indigenous Psychologists that can provide face to face or telehealth support for social and emotional wellbeing.

indigenouspsychology.com.au

Over the Phone

Kids Helpline

Free, confidential 24/7 online and phone counselling for young people aged 5 to 25 years, for any issue.

1800 55 1800

Beyondblue

Provides 24/7 general mental health and crisis support, as well as resources and information about mental health.

1300 224 636

Suicide Call Back Service

Provide free counselling for suicide prevention and mental health via the telephone, online and video for anyone affected by suicidal thoughts, 24/7.

1300 659 467

Qlife

Provides anonymous and free LGBTIQA+ peer support and referral for people wanting to talk about sexuality, gender, bodies, feelings or health.

1800 184 527 or webchat at qlife.org.au

1800Respect

For sexual assault, domestic and family violence counselling.

1800 737 732 or 1800respect.org.au

Online Support

Headspace e-help

Online chat support for young people aged 12-25. Includes services for the LGBTIQA+, Indigenous, and culturally diverse communities. From 9am-1am.

eheadspace.org.au

Beyondblue e-help

Online chat support. Includes services for the LGBTIQA+, Indigenous, and culturally diverse communities.

beyondblue.org.au/get-support/get-immediate-support

Head to Health

Web directory of all mental health services, websites, apps and phone supports across Australia. Includes services for the LGBTIQA+, Indigenous, and culturally diverse communities.

headtohealth.gov.au

Mental Health Online

Comprehensive and effective online services and programs, free of charge, if you are experiencing mental distress.

mentalhealthonline.org.au

MoodGYM

Interactive self help to help you learn and practise skills to prevent and manage symptoms of depression and anxiety.

moodgym.com.au

This Way Up

Range of courses and information to help you understand and improve your wellbeing.

thiswayup.org.au

Mind Spot

Free effective internet delivered psychological assessment and treatment for stress, anxiety, worry, depression, low mood.

mindspot.org.au

The Mental Fitness Challenge (Via the Bite Back: Black Dog Institute)

Provide opportunities to learn more about mental fitness, as well as practical ways to improve mental strength and flexibility, through activities and practice strategies.

biteback.org.au/MentalFitnessChallenge/FindOutMore

Smiling Mind Programs

Web and app-based programs developed by psychologists and educators for general, classroom and workplace use.

smilingmind.com.au

National Aboriginal Community Controlled Health Organisation (NACCHO)

National leadership body for Aboriginal and Torres Strait Islander health in Australia. Provides advice and resources on the health and wellbeing services for Aboriginal and Torres Strait Islander peoples.

naccho.org.au

Self Help Apps

Help support your Mental Fitness.

- Headspace
- Calm
- Zen
- Smiling Mind
- Total Brain

CRISIS HELP

000 or **Your Local Hospital Emergency Department** to access tertiary psychiatric triage or crisis team.

Lifeline
24 hour crisis support and suicide prevention services.
Call 13 11 14 or **text 0477 131 114**

APPENDIX 4.

Mentally Fit and Capable Club

What's a mentally fit and capable club? A Club that positively contributes to the mental health and wellbeing of its members, their families and our communities.

1. A Club where players and administrators are mentally fit and have the skills to manage their own wellbeing

2. A Club where everyone involved knows how to help each other to find the mental health support they need

Clubs play a role in being healthy places for their members and are an important part of mentally fit and capable communities. By promoting the equal importance of mental and physical health and contributing to the mental health literacy of its members, our Club can be part of the solution to promoting healthy communities. Assessing this checklist in line with our club may assist in a response if a critical incident was to occur.

Mentally Fit and Capable Club Checklist

- ☐ We promote mentally healthy habits alongside physical health
- ☐ We work hard to create a Club environment that is an inclusive and safe place
- ☐ We work to reduce stigma about mental ill-health by getting behind mental health promotion campaigns
- ☐ We know the signs when someone is struggling with mental health challenges and know how to respond
- ☐ We promote early identification of mental health challenges
- ☐ We work to create a culture of online safety for our football club community
- ☐ We promote help seeking behaviours early and we help our participants and members know where to get help
- ☐ We have relationships with our local mental health providers such as Headspace, our area mental health service or local hospital network, Lifeline and our community health centres
- ☐ We have mental health first aid officers who champion mental health and who know how to help a member in crisis
- ☐ We help people recover from mental health challenges by making them welcome at the Club in any capacity
- ☐ The health and welfare of all persons at our Club is an ongoing priority for us. To that end we are committed to the provision of a Club that is safe and without risk to health and safety and to the prevention of injuries or illness
- ☐ It is recognised, however, that injuries may occur. In such an event, we are committed to the philosophy and practice of support and assistance