

CLUB MENTAL HEALTH PLANNING



Club Name:

Mental health is defined as a **state of well-being** in which every individual realizes his or her own potential, can **cope with the normal stresses of life**, can **work productively** and fruitfully, and is able to make a **contribution to her or his community**.

Club survey Results:

1. **How do our members rate our current approach to mental health? (survey result)**

(work out score – give out 10 surveys – maximum score is 50; example 10 surveys rank club as a 3 – score is 30. Divide the Survey Score by Maximum Score = $30/50 = 0.6 \times 100 = 60$ which is 60%)

2. **What key issues have the members identified? (survey result)**

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3. **Is mental health perceived as positive or negative in your club? (survey result)**

4. **What approach do your members see as the best way to promote mental health in your club? (Rank top 4; Focus on those initially)**

5. **What is the response to training; is there an appetite for it? IF you put it on will people go?**

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

6. **What other points have members raised that must be considered?**

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The way forward:

7. What do we currently do in regards to mental health?

NOTE: Clubs already do a lot around mental health in the positive context of **TAKE 5 FOR WELLBING**; Clubs provide a safe place for people to **CONNECT** with each other, develop friendships and positive relationships; Clubs teach people how to play sport, take part in activity and support them to “KEEP LEARNING ”; Clubs create volunteer opportunities which are beneficial to positive mental health and promote “GIVE”; Clubs just by doing what they do as their bread and butter encourage people to “Be Active” and many bring people on trips and outings and do lots of positive things which embrace the Taker 5 Pillar of “Take Notice”

8. Based on feedback and accounting for capacity of the club and number of members/volunteers willing to support the development of mental wellbeing in the club what approach do you feel is the best way forward for your club?

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9. **What can you do with current resources (e.g. volunteers, links to local mental health groups who can deliver talks, current PHA funded programmes):**

10. **What do you need support with and estimated costs do you require to delivered dedicated Mental Wellbeing Projects in your club?**

Well Done your club is now ready to Champion Mental Wellbeing – please see My Club: Wellbeing Action Plan Sample



Shaping, Changing & Saving Lives

