



by galax

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L | R

CHANGING THE GAME



The background of the slide shows a group of people in a meeting or discussion. They are seated around a table, and some are looking towards the camera while others are looking at each other. The image is faded and serves as a backdrop for the text.

WELLBEING AND MENTAL HEALTH IN GRASSROOTS SPORT

Trigger Warning



Hey, how are you?
How are you really?

Who are you going to be?



4.3 million Australian's participate in sport.

13.1 million participate in fitness/exercise.

WHO IS OTLR?

- Mental Wellbeing Education and Support Program
- Working in Grassroots to Elite sporting communities
- 1,700 sessions
- 70,000 participants
- Mental health awareness activities and campaigns
- Sessions include:
 - Mental Health
 - Leadership & Culture
 - Resilience
 - Drugs & Alcohol
 - Gambling
 - Inclusion & Respect
 - Wellbeing & Lifestyle
 - Cyber Safety
- Ahead of the Game (AOTG) Delivery Partner
- Most programs complete in regional and rural areas



OTLR'S IMPACT

91%

Had a better understanding of how to identify signs of a mental health challenge

91%

Had a better understanding of how to start a conversation

93%

Feel more confident in supporting someone who may have a mental health challenge

92%

Are more comfortable to reach out for support if needed

95%

Feel they have helpful strategies in place to support their wellbeing

WHY WHAT YOU DO FOR FUN AND MAKES YOU HAPPY?

- Participants chosen happiness/fun activities
- These are their own positive wellbeing strategies
- These are their own self care strategies
- We are asked
 - What is your job?
 - Never
 - What do you do for fun/makes you happy?
- A great conversation starter
- Allows members of communities to identify activities they have in common
- Allows members of communities to identify how they can support their mates
- Provides a positive mindful activity



MOST CHOSEN HAPPINESS/FUN ACTIVITIES



- Their chosen sport
- Friends
- Family
- Pets
- Fishing
- Golfing
- Exercise
- Gym
- Gaming
- Cooking
- Reading
- Nature

MORE THAN
JUST A GAME

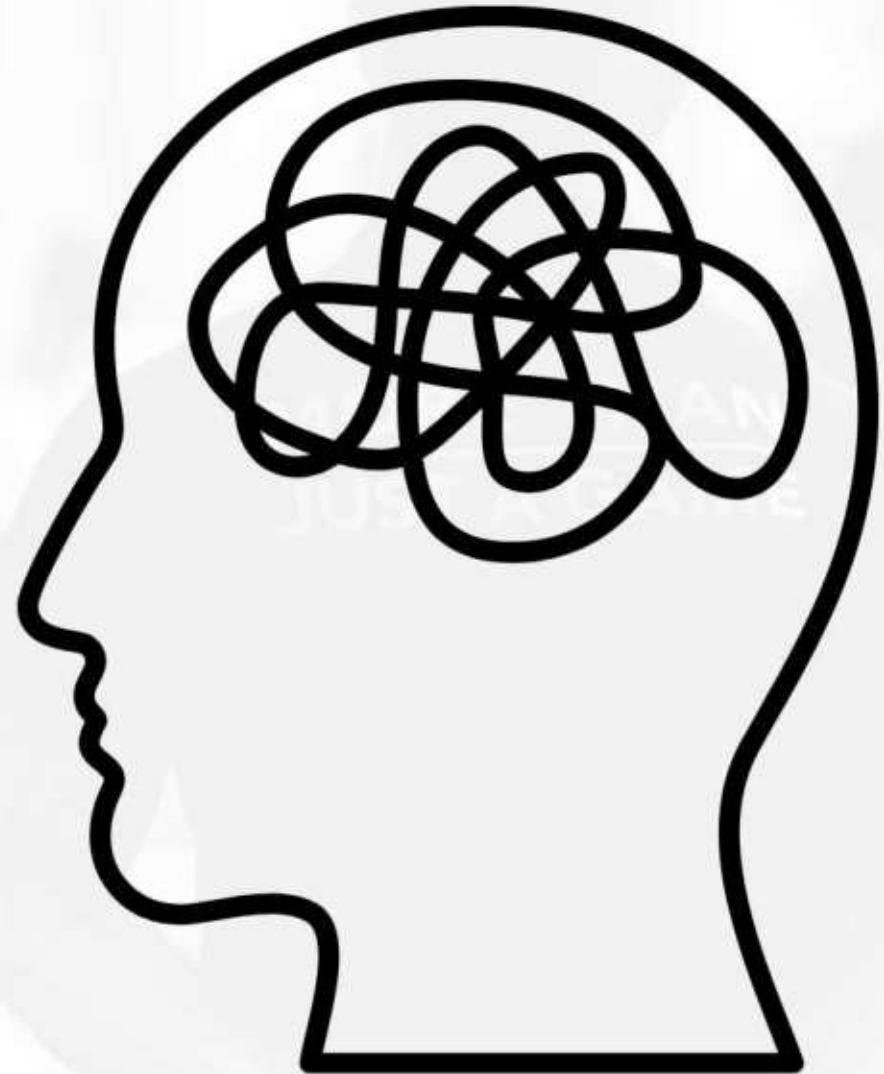
COMMON SIGNS OF A MENTAL HEALTH CHALLENGE

Common

- Withdrawing
- Emotional
- Change in behaviour
- Change in appearance
- Change in personality
- Substance abuse
- Not doing what makes them happy
- Change in nutrition habits
- Not going to training
- Not playing their sport

Uncommon but common

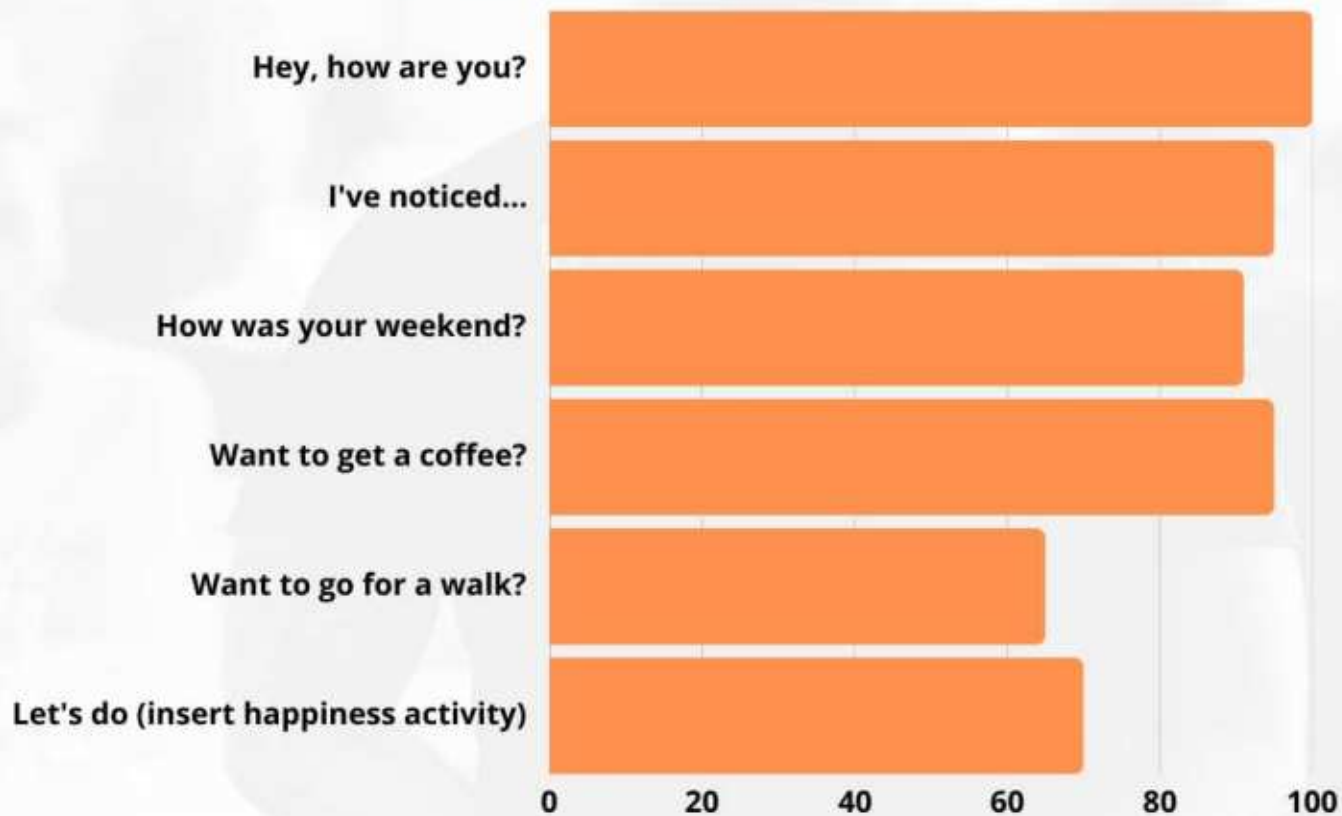
- Not replying to Snapchat or messages
- Not making a phone call at certain times
- Co-dependency



COMMON WAYS TO START THE CONVERSATION AROUND MENTAL HEALTH AND THE ENVIRONMENT FOR THAT CONVERSATION



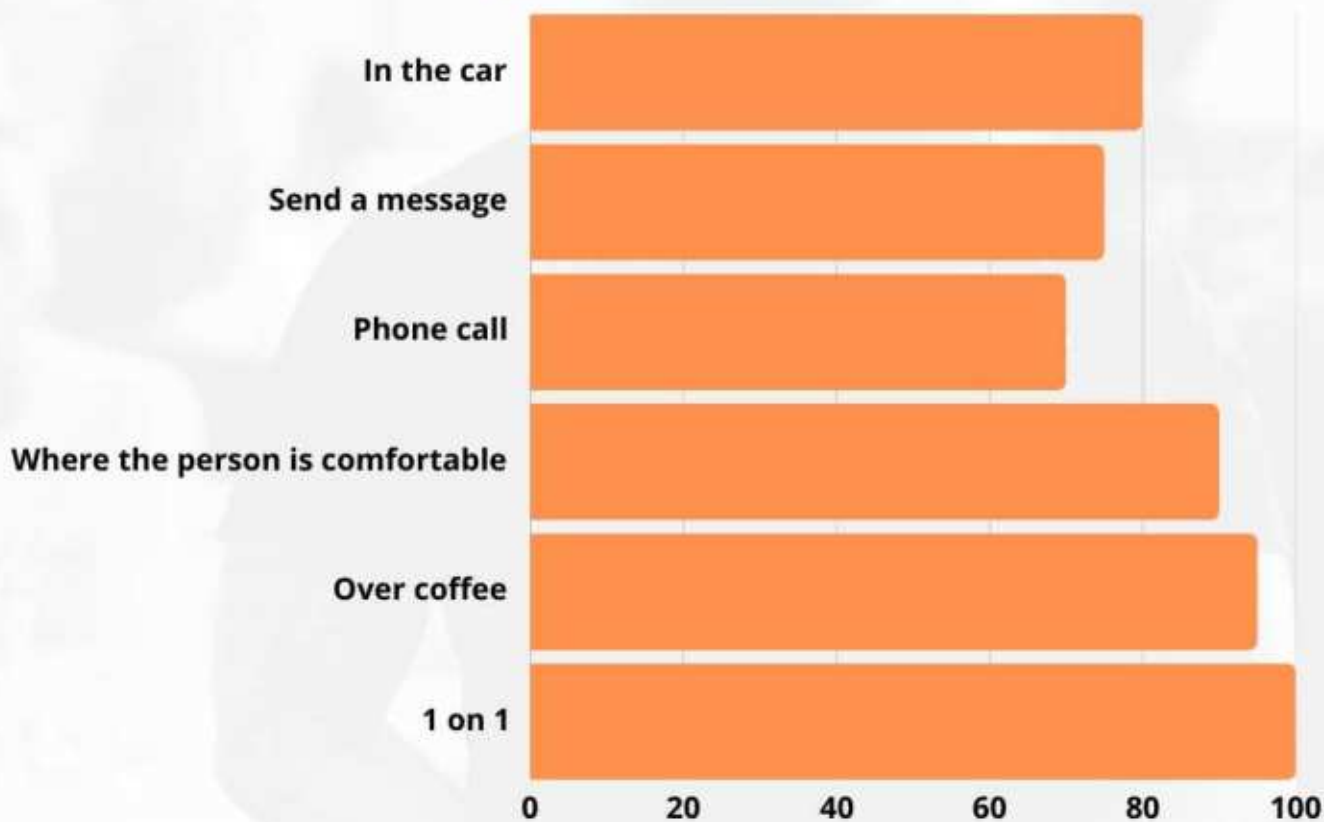
Conversation Starters



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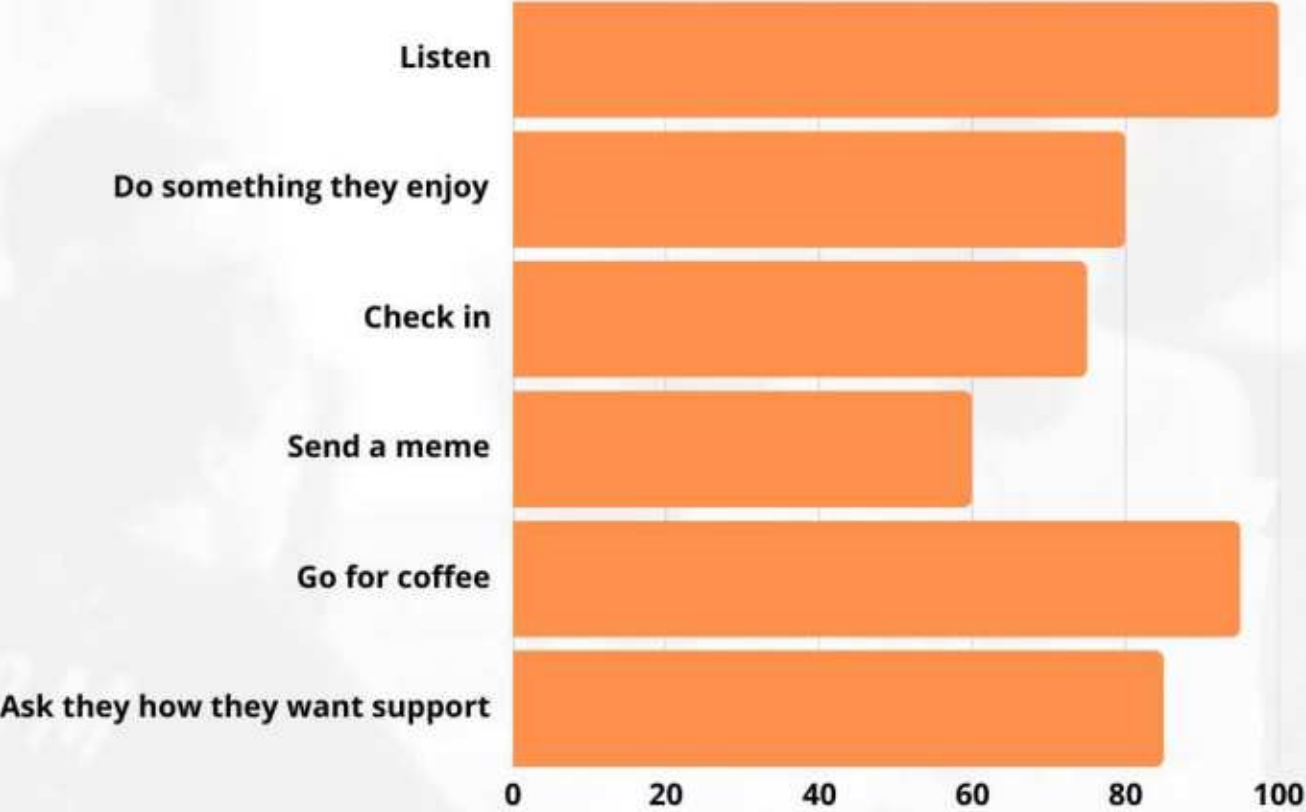
Environments





How do you like to be supported?

COMMON WAYS TO SUPPORT SOMEONE GOING THROUGH A MENTAL HEALTH CHALLENGE



COMMON SUPPORT SERVICES



COMMON SUPPORT SERVICES



Services

- Beyondblue
- Lifeline
- GP
- Headspace
- OTLR
- Counsellors/Psychologists

Non-services

- Friends
- Family

COMMON CHALLENGES TO MENTAL AND PHYSICAL HEALTH WHEN TRANSITIONING OUT OF A SPORTING CAREER (GRASSROOTS AND ELITE)

Mental

- Loss of social outlet
- Loss of social connection
- Increased withdrawal
- Increased loneliness

Physical

- Decreases physical fitness
- Decreased positive nutrition choices
- Increased substance use



HOW CAN WE SUPPORT GRASSROOTS SPORTING COMMUNITIES MENTAL HEALTH?

Give athletes the skills early

- Focus on all athletes, not just the elite athletes
- Everyone matters
- Provide athletes with mental wellbeing and resilience skills early
- Teach athletes the ups and downs rather than only focusing on winning
- Get the basics right

Invest

- In mental wellbeing
- In financial literacy
- In positive mental wellbeing skills
- In resilience
- In more accessible welfare services
- In positive role models

OTLR Program - \$2,000

Funding can be sought through:

Council grants

Community bank grants

Sponsorships



AHEAD OF THE GAME



Delivered by



AOTG Program - No Cost

2 x 45 minute sessions in teams

1 x 45 minute parent session for the club

Spots are limited



GET IN TOUCH TO BOOK IN YOUR CLUB

info@otlr.org.au

Tim Cook - 0405 026 861



**150 MINUTES
OF EXERCISE
PER WEEK**



**1 X
MINDFULNESS
ACTIVITY PER
DAY**



**1 X CHECK-
IN
PER DAY**

UPGRADE CHALLENGE

Upgrade your physical and mental health



**NO ALCOHOL,
VAPING,
SMOKING OR
GAMBLING**



Upgrade your physical and mental health

