

bouncing back

Giving Mental Health a Sporting Chance

Suicide is the biggest killer of men aged 18-40, also the average age range of sporting club members. Richmond Wellbeing has partnered with the Mental Health Commission to give men's mental health a sporting chance, through Bouncing Back, our free, four-part mental health awareness training program. This program was developed with the support of the Kalamunda Cricket Club.

Program Overview

Session 1 – Players (30-45-minute session)

Focussing on players supporting other players; equipping them with the basic skills, approaches and confidence required to start a conversation with a peer or small group of team members who may be struggling with a personal or collective concern or issue.

Session 2 - Coaches, Captains and Administrators (90-minute session)

Taking action and breaking down the stigma of mental health whilst creating a safer and more open environment for disclosure; making it easier for players and/ or anyone associated with the club to talk more openly about the impacts of mental health challenges.

Session 3 - Parents of Children and Young Adults (60-minute session)

Providing children and youth friendly and appropriate engagement techniques and approaches for parents and caregivers with children and young adults involved in the club, or other community sporting environments.

Session 4 - Club Culture Workshop (60-minute session)

Making a strong culture of community, based on collaborative support and robust mental health at your club.

When: On a Tuesday or Thursday night, after training, but we can also fit into your schedule and what will work best at your club.

We'd love for your club to become a program partner. Mental health awareness is a such a serious issue for men and this program will potentially save lives, improve their mental health and have many flow-on effects for our friends, families and the wider community.

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