



TACKLE YOUR FEELINGS

INFORMATION PACK

GippSport
Gippsland Regional Sports Assembly

SPORT
NORTH EAST

A COMMUNITY INITIATIVE BROUGHT TO YOU BY



TACKLE YOUR FEELINGS

What is Tackle Your Feelings?

- ✔ A national program to de-stigmatise mental health issues in the community, using Aussie Rules footy as a vehicle.
- ✔ An initiative to change attitudes and improve behaviours relating to mental wellbeing – people looking after themselves and others.
- ✔ Utilising the leadership, resources and networks of the AFL Coaches Association & AFL Players Association to help your Club.

MENTAL ILL-HEALTH IS BECOMING A DISEASE OF EPIDEMIC PROPORTIONS

Mental health issues are on the rise in Australia and suicide is already the leading cause of death for Australians between the age of 15-44.

Regional and remote communities have specific challenges that contribute to mental ill-health. On average, the physical and emotional health of regional and remote Australians is below that of their metropolitan counterparts, with suicide rates double those of urban Australians.



In 2015, there were 3,027 deaths by suicide, equating to 12.6 people for every 100,000 people. This is the highest rate in 10 years?



CHAMPION POSITIVE CHANGE IN MENTAL HEALTH



Suicide rates in rural and remote areas are higher than in major cities.



The numbers of mental health professionals decline by nearly 50% per 100,000 population in Regional and Remote areas.

Source: ABS, Causes of Death, 2015; unless otherwise stated
Lifeline from 2015 ABS data: <https://www.relationships.org.au/what-we-do/research/online-survey/july-2017-youth-suicide>.
Sane Australia
https://www.crrmh.com.au/content/uploads/RuralSuicidePreventionPaper_2017_WEB_FINAL.pdf



**TACKLE
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Introduction

About our program:

- ✓ Tackle Your Feelings (TYF) is a mental health training program for community clubs.
- ✓ Our aim is to raise awareness, reduce the stigma and change the behaviours associated with mental health within communities.
- ✓ Our program will provide your coaches & club members with the tools to understand, recognise and manage signs of mental health within themselves and their players.
- ✓ Our program has taken the most impactful components from the current mental health training developed by the AFL Players' Association for use in elite AFL ranks and adapted the content to cater for community volunteers.

Coaches and/or Club members can champion positive change for mental health within their Club and Community by:



Actively and publicly prioritising the holistic wellbeing of themselves, their players, their families, other coaches and club members within the Community



Equipping themselves with the knowledge and skills to identify mental ill health in themselves and others, and recognise the link between physical and mental wellbeing



Going the extra mile in creating a safe and caring club environment, one which strengthens the social fabric of its community and plays a leadership role in the local football league

The TYF program consists of:

- ✓ 15min awareness module on sign up
- ✓ Live 30min Q&A with TYF ambassador, Brendan McCartney followed by 75min mental health training with TYF Program Manager, Nick Walsh and Regional TYF psychologist, Matthew Ryan. (Online via Zoom)
- ✓ 3 x 20min Online completion modules which takes coaches a little deeper into their specific coaching age group.



By participating in the TYF program:

- A Coach/Club can promote itself as an accredited Tackle Your Feelings community club – a badge of honour that can be used to promote the club's leadership to new and existing players, as well as to the local AFL community.
- Coaches & Club Members gain access to a library of stories and advice from AFL players and coaches.
- Lead the way in terms of being a champion in your community for actively promoting mental health and wellbeing.



During the course of the program participants will be asked to complete a number of short surveys. These surveys are anonymous and help shape the impact of our program in your local community



THE OPPORTUNITY FOR COACHES & CLUB MEMBERS

Through VicHealth and in conjunction with GippSport and Sport North East, TYF can offer your Club the opportunity to participate

OUTCOMES AND BENEFITS FOR THE COACH:

- An uplift in the understanding of mental health, skills and the confidence to proactively look after their own mental health and that of others within the community.
- A common language and set of principles, to help stimulate and promote a supportive club culture.
- A positive and increased role for the coach or club in their local community.
- Private login and access to our e-Learning platform.
- Full suite of resources via an interactive Coaches Box.

OBLIGATIONS FOR PARTICIPANTS:

- Complete mental health awareness module on sign up.
- Attend virtual workshop and hear from program ambassador Brendan McCartney & Regional Psychologist, Matthew Ryan.
- Commit to finishing 3 x Online modules which is a deeper dive into our program content.
- Provide feedback through our course evaluation surveys.



HOW TO SIGN UP:

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STEP 1

Go to

<http://www.tackleyourfeelings.org.au/>

Select

login/register

STEP 2

Fill in your details to complete sign up process

Complete the mental health awareness module

“Four Quarters of Mental Health”



STEP 3

On completion gain access to the Coaches Box

Select “Workshops”

STEP 4

Click on your region

Click “Sign Up” on your selected date



LOCAL CONTACTS

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VISIT OUR WEBSITE

www.tackleyourfeelings.org.au



KICKING GOALS FOR MENTAL HEALTH



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