

VOLLEYBALL WA MENTAL HEALTH AND WELLBEING STRATEGY 2024

“To inspire healthy minds and bodies through volleyball”
(VWA Strategic Plan Purpose 2022-2025)



Key Objectives

Empower the WA Volleyball community through education and training on mental health and wellbeing.

Enhance awareness and establish connections with mental health organisations to facilitate the accessibility of relevant resources and training within the community.

Establish a strategic plan and policies to cultivate a culture of seeking help in the community, emphasising mental health awareness and clear pathways for accessing support resources.

Identify and appoint Mental Health Champions within Club Land to address and reduce the stigma associated with mental health and wellbeing issues.

Promote positive mental health messaging through strategic communications initiatives.

Key Initiatives

- Looking After Yourself Tipsheet in every office
- Encourage Volleyball WA staff to complete True Sport – Mental Health and Wellbeing Sport Administrator Awareness E-Learning.
- Deliver True Sport Mental Health and Wellbeing session at Clubs Conference 2024.
- Mental Health First Aid Courses delivered throughout 2024 to the Volleyball WA community.

- Initial email to staff, and Clubs/Associations communicating the resources available.
- Promotion of resources through social media, online channels, and the Volleyball community.
- Critical Incident Response Guide to be completed and distributed to Staff and Clubs/Associations.
- Promotion of resources at Staff Meetings.

- Continue to update and review the Strategy and the Mental Health and Wellbeing Policy.
- Volleyball WA Staff Working group
- Advise EAP and VAP options to Staff and Affiliated Clubs/Associations.

- Appoint a Mental Health Champion in Club Land through a targeted approach.
- Lead Volley Youth Network.
- Include training for the Healthway Ambassadors.

- Social media, website, case studies, posters and stories of change.
- Promotional materials integrated into VWA Events including WAVL, WAVJL, ATABT and AVSL.
- Maintain/Establish partnerships with local mental health & wellbeing entities.
 - Act Belong Commit
 - Outside the Locker Room
 - Sportwest True Sport Initiative
 - Good Sports
 - West Australian Assoc. for Mental Health

WHO: MHC /Working Group

WHO: MHC / Working Group

WHO: MHC / CEO / ASC

WHO: MHC / CPDC

WHO: MHC / Working Group / MCM

Mental Health and Wellbeing Vision

To take the lead in shaping the volleyball community to one that prioritises the mental health and wellbeing of all, ensuring each participant feels valued, supported, included, and empowered, while actively promoting inclusive and enjoyable experiences within the world sport of volleyball.

Mental Health and Wellbeing Purpose

Promote mental health awareness and support in the WA volleyball community by fostering an inclusive and stigma-free environment, with the overarching goal of inspiring healthy minds and bodies through volleyball.

Mental Health and Wellbeing Outcomes

- Adoption of a Mental Health Champion(s).
- 5 mental health and wellbeing initiatives completed.
- Strong community engagement in mental health and wellbeing initiatives.
- Positive feedback about the mental health and wellbeing initiatives.

