



OUTSIDE THE
LOCKER ROOM

WELLBEING COMMITTEE





How to create a Wellbeing Committee?

A Wellbeing Committee is advised to be made up of 2-6 members. These can be community officials, coaches, players, volunteers, managers, teachers, partners or local community services.

The purpose of the Wellbeing Committee is to provide the community with a clear pathway for support, whether this be for the individual themselves or if they have concern about another individual or group.



The members of the Wellbeing Committee are committed individuals who hold the values of positive wellbeing and support. This support is to those who are facing difficult times or have questions regarding wellness .

These members will assist the individual or group to seek the appropriate support in the local area.

Community Contact and MHFA Training

Community Contact

Members of the Wellbeing Committee should seek to reach out to members of the community on a fortnightly basis, encouraging anyone in the community who needs assistance to seek their support and guidance.

This can be one on one, or through group settings where the benefits and availability of the Wellbeing Committee can be communicated.



Training

For the members of the Wellbeing Committee, it is advised that each member have a specific qualification or accreditation, which provides them with the skills and knowledge to assist the community.

Advised is the Mental Health First Aid Course, which provides you with the skills that can assist someone developing or experiencing a mental health crisis and make a difference to your community. It provides each completed member with a 3 year nationally recognised accreditation.

OTLR can assist in providing these course to the communities Wellbeing Committee members.



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HEALTH
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Meetings

Wellbeing Committees are advised to meet bimonthly or earlier if the committee sees fit. Meetings should provide debriefs on situations that have occurred, provide support to each member, along with discussing improvements for wellbeing of the community.

OTLR Supports

Wellbeing Committees can reach out to OTLR at any time for advice or referral to OTLR connected partners.

This includes the direct contact to counselling support services through Redefine Life Counselling. Direct contact can be found on OTLRs website or through the OTLR welfare app that all community members have access to.

Contact with Sports Chaplaincy Australia can be made for assistance with placing Chaplain support within your community, as well as providing direct links to their support services post traumatic event or death.

Connecting to Standby – Support After Suicide allows for a clear pathway of support post a suicide in the community, with support being provided for individuals or groups for short or extended periods.

OTLR also has connections to resources from reputable sources such as Lifeline, Beyondblue, Movember, Headspace and RUOK?.

Local Services

Wellbeing Committees are encouraged to research local community services such as Psychologists, Counsellors, Social Workers, Support Workers and community outreach programs*.

Along with these services, understanding of the local emergency service offering as well as accessibility to local Headspace centres* is valuable in providing effective suggestions to individuals or groups seeking support.

These local services can be researched in conjunction with OTLRs connected counsellors/psychologists and local service guide were appropriate.

*Please note that some regional, rural and remote communities may have limited to no access to local services. Redefine Life Counselling is available through OTLR resources, Lifeline and Lifeline text support is also available.

Wellbeing Committee Visibility

Having a visible and proactive Wellbeing Committee provides assurance and safety to the members of your community.

Members will feel comfortable to seek out the assistance of those on the committee, where this be for the support of themselves or those in the community.

Utilising posters and fliers displayed around the community can emphasise the support that is being provided to the members.

These can be downloaded from the OTLR website.





Please note we are not an emergency service. If at any point you are concerned for your safety, or the safety of someone else, please call 000.

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