

Memorandum

To: Club and Branch Presidents, Club MPIOs, Coaches and Officials, Past Development Program Participants, Club and Branch Directors of Membership, Surf Sports, Education and Lifesaving
From: Claire Bevis, SLSNSW Membership Manager
Date: Thursday 06 October 2022
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Subject: Mental Health and Wellbeing Champions – Expressions of Interest

As part of our commitment to positive mental health within SLSNSW, a new Mental Health & Wellbeing Champions program has been launched thanks to funding achieved through the NSW Mental Health Sports Fund.

We are excited to advise that we are now ready for expressions of interest to join a network of Mental Health & Wellbeing Champions at clubs and branches across NSW.

What is a Mental Health & Wellbeing Champion?

Mental Health & Wellbeing Champions will take on a voluntary and non-clinical role designed to work collaboratively with other members to support a positive mental health environment on our beaches, in our clubs and at our events.

Mental Health & Wellbeing Champions will play a key role in increasing awareness of mental health concerns within our movement and improving the wellbeing of other members. The primary responsibilities include recognising signs of distress, coaching and training club members on wellbeing related topics, listening to concerns and referring members who could benefit from additional support.

A Mental Health & Wellbeing Champion's duties and responsibilities also include:

- Advocating and promoting a positive mental health environment in SLS NSW.
- Initiating, establishing, and maintaining positive relationships with other members while developing trust and rapport.
- Responding to disclosures of major mental health concerns in a timely manner and escalating appropriately, or contacting external services when situations need further intervention.
- Maintaining confidentiality and anonymity of members and their mental health.
- Delivering short mental health awareness training sessions to club members.

You will not be expected to:

- Be professional counsellors or amateur psychologists.
- Fix the problems of members.

Time Commitment

Mental Health & Wellbeing Champions will be required to undertake onboarding training virtually and attend a mandatory face-to-face trainer training workshop at one of four locations across NSW. All training sessions will be delivered by a Senior Psychologist from Communicorp (our program partner).

Travel costs associated with attending your closest face-to-face session will be reimbursed.

Coffs Harbour	Newcastle	Nowra	Sydney
Interviews – dependent on date selection for Virtual Sessions			
w/c – 24 October or 31 October		w/c – 07 November or 14 November	
Virtual Sessions – participants can select their preferred date for each module			
Module 1: Tues 01 Nov or Monday 07 Nov Module 2: Thurs 03 Nov or Wed 09 Nov Module 3: Tues 08 Nov or Wed 16 Nov		Module 1: Tues 15 Nov or Mon 21 Nov Module 2: Thurs 17 Nov or Wed 23 Nov Module 3: Tues 29 Nov or Mon 28 Nov	
Face-to-face Session – participants must attend the face-to-face session with all modules completed			
Sat 19 November	Sun 20 November	Sat 3 December	Sun 4 December

Is the role right for me?

The role of a Mental Health & Wellbeing Champion can bring meaningful change to your club or branch by helping to create awareness of mental health in the workplace and improving the wellbeing of members.

However, the role is not for everyone. At times, the role can be emotionally and mentally challenging and time consuming. While on a day-to-day basis, a champion's role involves advocacy and rapport building with other members, champions can be exposed to disclosures of trauma, grief, self-harm, and suicidal ideation.

To help decide if this role is right for you, please take some time to reflect on the following questions prior to submitting an expression of interest.

Checklist	Yes / No
I believe mental health and wellbeing in Surf Life Saving is a priority	
I feel mentally fit to support others in my club / branch	
I thoroughly enjoy supporting others	
I cope well in high stress situations	
I can manage my composure well	
I think I have the necessary skills to engage in support conversations	
I can build confidence to navigate talking about mental health challenges with my peers	
My club/branch leaders are supportive of my decision to become a Mental Health & Wellbeing Champion	
I have good self-care routines and appropriate resilience levels to support others going through tough times	
I have or can make time to support someone within surf lifesaving	
I can manage the responsibilities of a Mental Health & Wellbeing Champion	
I have the necessary skills to identify where my boundaries are to support others with my mental health	
I am happy and confident to deliver mental health awareness training sessions at club or branch events	

Expression of interest process

To express an interest in becoming a Wellbeing Champion, please complete the [online JotForm](#) before **9am on Monday 17 October 2022**.

Applications will be short listed, and a series of short and informal interviews will be conducted with potential champions by Communicorp. The purpose of these interviews is to ensure that applicants:

- understand the role and training requirements;
- are suitable to become champions; and
- have the opportunity to ask any questions about the role, training or program.

Applicants will be advised if they have been selected to attend an interview on Thursday 20 October.

We ask that you keep your preferred training dates free to ensure that you are able to attend these sessions if your application is successful.

If you have any questions about the Mental Health & Wellbeing Program, please contact Clare Bevis (cbevis@surflifesaving.com.au).