

# In Club Mental Health Policy

## In Club Mental Health Policy

Mental health refers to how we think and feel about ourselves and life in general. Many factors and life situations can affect a positive state of mental health including, but not limited to self-esteem issues, relationship dynamics and of course mental illness.

Mental illness describes a wide range of conditions that affect how we think, feel and interact with the world. Approximately 20% of Australians (blackdoginstitute.org) will experience a mental health issue at some point in their lives.

You may find yourself at times in your role at Fernwood Fitness exposed to or engaging with members who show signs of mental health issues or whose personal circumstances are negatively affecting their state of mental wellbeing. As much as we would love to personally involve ourselves to help them, it is important to understand our professional limitations in doing so. The best way to help our members who 'red flag' for mental health issues is to acknowledge their situation and immediately refer them on to qualified experts who are equipped to assist with such circumstances.

Below is a list of common mental health issues / situations that you may come across and the relevant professional bodies to refer the member on to as well as some appropriate things to say.

- |                                          |                                           |
|------------------------------------------|-------------------------------------------|
| 1. Depression                            | 7. Body Dysmorphia/eating disorders       |
| 2. General Anxiety Disorder              | 8. Exercise Addiction                     |
| 3. Panic Disorder                        | 9. Domestic/sexual violence/abuse         |
| 4. Bipolar Disorder                      | 10. PTSD (Post Traumatic Stress Disorder) |
| 5. Suicidal mentality                    | 11. Post Natal Depression                 |
| 6. Alcohol/substance abuse or dependence | 12. Bullying                              |

If the member approaches you directly, about for example a suicide attempt, suicidal thoughts, experience of abuse or they present with signs of exercise addiction or eating disorders (commonly seen among club members) it is important to know what to say in order to move them in the direction of help.

Below is an example of what to say:

Highlighted area is where you insert the appropriate information

"I am sorry to hear you are (feeling this way/experiencing this/struggling with...) and it is really great that you have felt comfortable enough to tell someone about it because it is not healthy for you to (stay in this situation/keep experiencing these feelings).

"I, personally am not able to give you the specific help you require, but I do have some people I can recommend who are very experienced and able to do so.

"Why don't you take a moment now to give them a call?

"You can use our ... office for some privacy if you like?"

# In Club Mental Health Policy

## Help lines to call / direct the member to:

Lifeline Australia – Crisis Support & Suicide Prevention	13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Suicide Line – Counselling	1300 651 251	<a href="http://www.suicideline.org.au">www.suicideline.org.au</a>
Beyond Blue – Anxiety & Depression Support	1300 224 636	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Suicide Call Back Service	1300 659 467	
Direct Line (24-hour drug and alcohol counselling)	1800 888 236	<a href="http://www.directline.org.au">www.directline.org.au</a>
PANDA Perinatal Anxiety & Depression Australia	1300 726 306	<a href="http://www.panda.org.au">www.panda.org.au</a>
Eating Disorders	1300 550 236	<a href="http://www.eatingdisorders.org.au">www.eatingdisorders.org.au</a>
Family Relationships Advice Line	1800 050 321	
Sexual Assault Crisis Line	1800 806 292	<a href="http://www.sacl.com.au">www.sacl.com.au</a>
Respect (victims of physical or sexual abuse)	1800 737 732	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
Safe Steps Home (domestic violence)	1800 015 188	<a href="http://www.safesteps.org.au">www.safesteps.org.au</a>