

O|T  
L|R OUTSIDE THE  
LOCKER ROOM

# MENTAL HEALTH EDUCATION

+  
WELFARE  
SUPPORT

#STIGMASTOPSHERE





# MENTAL HEALTH EDUCATION

**When your club signs up to our program, we provide two mental wellbeing education sessions.**

To launch the program, we will come to your club to deliver our Mental Health education session.

This session covers the signs and symptoms of mental ill health, how to start the conversation and how to support an individual going through a mental health challenge.



**The second session is chosen by the club from the following mental wellbeing topics:**

- Leadership and Culture
- Wellbeing and Lifestyle
- Drugs and Alcohol
- Resilience
- Inclusion and Respect
- Cyberbullying
- Gambling

**Each session is 60 minutes in duration.**





# Program Delivery

**OTLRs program has been developed in partnership with mental health and youth service experts, delivered by locally-based program facilitators and registered mental health professionals.**

## Program Facilitators

Program facilitators are locally based lived-experience individuals who are trained by Outside the Locker Room to deliver the OTLR mental wellbeing program across Australia.

## Welfare Champions

Welfare champions are registered mental health professionals\* trained by Outside the Locker Room to support the education sessions delivered across Australia.

The role of the Welfare Champion is:

- Give their professional opinion and support
- Break down barriers to seeking professional help, by being present and relatable in the room
- Provide immediate support to anyone who may need it

\*Qualified Counsellors, Psychologists, Social Workers, Mental Health Nurses, Mental Health Occupational Therapists or other registered mental health professionals.

# SESSION DESCRIPTION

## Mental Health

The mental health sessions helps to identify, approach and support an individual facing a mental health challenge.

## Wellbeing and Lifestyle

Wellbeing and Lifestyle focuses on the 4 pillars of wellbeing, understanding how to improve or maintain positive wellbeing and practice gratitude skills.

## Drugs and Alcohol

This session focuses on the classification of drugs, responsible alcohol consumption and its effects, as well as how to identify, support and assist an individual challenged by substance use.

## Leadership and Culture

Leadership and Culture focuses on goal setting skills, understanding an effective community culture, the values of a leader and effective peer feedback.

## Resilience

This session provides understanding for the importance of resilience and using the 6 pillars of resilience in everyday life.

## Inclusion and Respect

Focusing on what makes an inclusive community, the benefits of inclusivity and the 7 pillars of inclusion and respect.

## Cyberbullying

This session looks at the ability to have compassion for the bully, to become an upstander instead of a bystander and supports available if you are being bullied.

## Gambling

The Gambling session covers how to identify a possible gambling challenge, how to start the conversation and how to support those going through a gambling challenge journey.





# OTLR Welfare App

Each community that completes the OTLR program gains access to the OTLR welfare app. This provides each individual with access to welfare support, direct links to Lifeline and Lifeline text support as well as weekly check in surveys and resources.

\*Please note all referral services are at the cost of the individual



**Further resources and mental wellbeing tips can be found at [otlr.org.au](https://otlr.org.au)**



# Redefine Life Counselling Support

Redefine Life Counselling Support provides OTLR participants with direct access to welfare support and referral connections.

This can be accessed through the OTLR app and OTLR website.



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## MHFA Training

OTLR provides communities with the opportunity to complete a 3 year accredited Mental Health First Aid training course.

MHFA skills means that you can assist someone developing or experiencing a mental health crisis and make a difference to your community.

# POSTVENTION TOOLKIT

## Postvention Support

OTLR has partnered with Sports Chaplaincy Australia and Standby to provide our communities with the respect and care in the unfortunate event of a suicide, death or traumatic event.

Take comfort in knowing that your community does not have to navigate these difficult times alone.

\*in person support subject to location





# Hold an Activation

An activation is a fundraising activity or event to bring awareness to mental health and support in your community.

These can range from raffles, mental health charity games, mental health rounds, auctions or guest speakers.

If you are interested in holding an activation please contact [info@otlr.org.au](mailto:info@otlr.org.au)





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.

Outside the Locker Room Charity Ltd is registered as a charity with the Australian Charities and Not-for-profits Commission | ABN 45635277762

