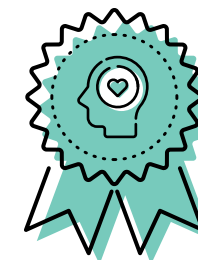


MENTAL FITNESS QUICK WINS ACTION PLAN

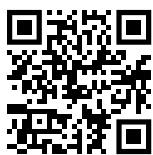


Club Name:

Club logo:

Date:

| | ACTION PLANNED | PERSON RESPONSIBLE | DATE SCHEDULED |
|---|----------------|--------------------|----------------|
| 1. Build mental fitness skills: | | | |
| 2. Increase mental health literacy and challenge stigma: | | | |
| 3. Reducing risks to mental health: | | | |
| 4. Promote a culture of wellbeing: | | | |
| 5. Respond to risky events that have an impact on mental health | | | |



URGENT HELP



PLAY.AFL

