

# MENTAL FITNESS CHARTER



## PURPOSE

The Mental Fitness Charter recognises that football clubs can play a pivotal role in enhancing the mental health and wellbeing of their members. This Charter sets out the expectation that clubs will champion mental health and wellbeing guided by the following five commitments.

Club logo:



Build the mental fitness skills of our members and community



Increase mental health literacy and challenging stigma



Reduce risks to mental health



Promote a culture of wellbeing



Respond safely to events that have an impact on mental health

## THE WHY

As a signatory of the Mental Fitness Charter,  acknowledges

- good mental health and wellbeing is a vital individual and community asset
- our mental health is equally as important as our physical health
- this football club has an important role to play in enhancing the mental fitness of our community

## PLEDGE

We,  commit to:

- creating and implementing a Mental Fitness Quick Wins Action Plan
- building the mental fitness skills of our members and community
- increasing mental health literacy and challenging stigma
- taking steps to reduce risks to mental health
- promoting a culture of wellbeing
- responding safely to events that have an impact on mental health

## SIGNED

Club President

Date