

# 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

