



Play by the Rules

making sport inclusive, safe and fair.

Issue 11

SPECIAL ISSUE ON SPORT AND MENTAL WELLBEING

- ▶ A SENSE OF PERSPECTIVE AND THE THINGS THAT MATTER
- ▶ FORUM ON MENTAL HEALTH AND DEPRESSION
- ▶ SUPPORTING MENTAL WELLNESS

PLUS: THING.ACT.PLAY | GOOD SPORTS | USING SPORT TO REDUCE DEPRESSION | SOCIAL MEDIA: CONSIDERATIONS FOR SPORTING BODIES | AND MORE...

Did you miss the recent Play by the Rules webinar - What Would You Do? Resolving Contemporary Ethical Issues in Sport. If so, fear not, you can catch the replay here:

<http://www.playbytherules.net.au/news-centre/hot-topics/1452-free-webinar>

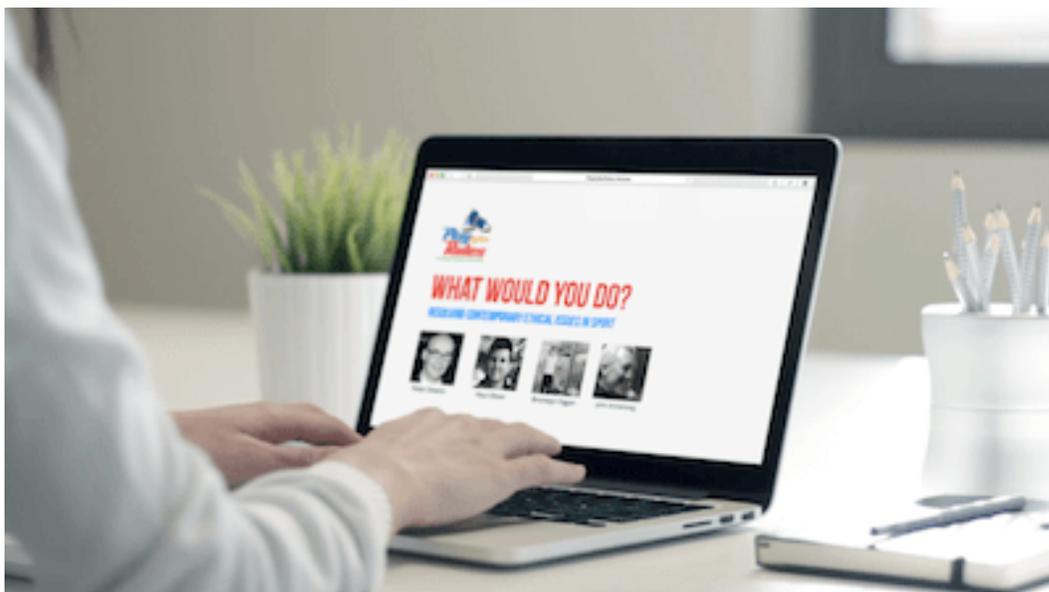


TABLE OF CONTENTS

FROM THE EDITOR

NEWS

- 3** THINK. ACT. PLAY.
- 4** SPORTING CLUBS MOVE INTO HEADSPACE
- 5** GOOD SPORTS - MENTAL WELLBEING IS MORE THAN A STATE OF MIND
- 6** USING SPORT TO REDUCE DEPRESSION

FEATURE ARTICLES

- 7** TASMANIAN FORUM ON MENTAL HEALTH AND DEPRESSION IN SPORT
- 9** A SENSE OF PERSPECTIVE AND THE THINGS THAT MATTER

11 SUPPORTING MENTAL WELLNESS

REGULARS

13 - 20

LEGAL STUFF - SOCIAL MEDIA:
CONSIDERATIONS FOR SPORTING BODIES
AROUND THE GROUNDS
ONLINE COURSES UPDATE
RESOURCE PROFILE
INFOGRAPHIC OF THE MONTH
SUBSCRIBE TO PLAY BY THE RULES
BACK PAGE

STATE/TERRITORY Play by the Rules CONTACTS



ACT
Wayne Lacey (02 6207 2080)
wayne.lacey@act.gov.au

NSW
Shannon Dixon (02 8754 8814)
shannon.dixon@communities.nsw.gov.au

NT
Debora Kanak
debora.kanak@nt.gov.au

QLD
Jo O'Neill (07 3338 9253)
jo.oneill@npsr.qld.gov.au

SA
Jane Bartlett (08 7424 7622)
jane.bartlett@sa.gov.au

TAS
Alison Lai
(03 6165 5077)
alison.lai@development.tas.gov.au

VIC
Michelle Khuu (03 9096 9871)
michelle.khuu@sport.vic.gov.au

WA
Helen Cunningham
(08 9492 9700)
helen.cunningham@dss.wa.gov.au

NATIONAL
Peter Downs (02 6259 0316)
manager@playbytherules.net.au

www.playbytherules.net.au

THE EDITOR

This issue of the Play by the Rules magazine is themed around mental wellbeing. Mental Health Week in Australia ran from 4 to 10 October. This came on the back of an increasing number of athletes opening up publicly about their battles with depression and anxiety. Rugby league players Darius Boyd and Dan Hunt, AFL superstar Lance Franklin and swimmers Ian Thorpe and Liesel Jones have spoken openly about their personal battles with mental wellbeing in recent times. At Play by the Rules we also see that mental wellbeing is a serious issue at the grassroots of sport – one that is pervasive and often hidden.

Hopefully, our news and feature articles will give you some insight into identifying and dealing with mental wellbeing issues at your club or association. The good news is, as you will see, that there is some excellent work, research and thinking underway on mental wellbeing issues in sport. We all know the power of sport, and this is one area where sport undoubtedly has an important role to play.

Until next time ...



Peter Downs
Manager - Play by the Rules

Please 'Like', 'Follow' and 'Subscribe' - a great way to support safe, fair and inclusive sport

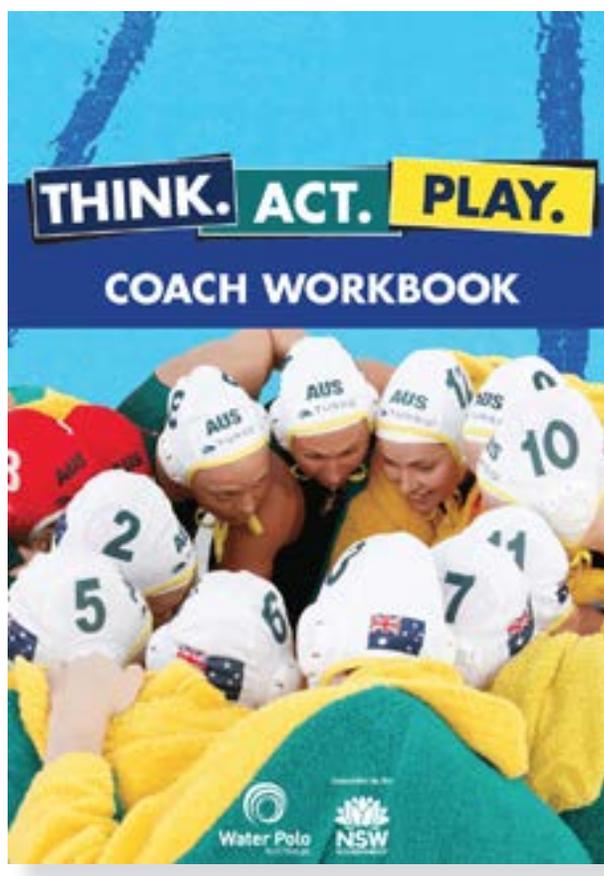


THINK. ACT. PLAY.

THINK. ACT. PLAY. is a fascinating and important program designed to promote positive behaviours by players, coaches, managers, officials and spectators that uphold the values, reputation and spirit of water polo.

The program is a partnership between Water Polo Australia and NSW Sport and Recreation and involves a suite of initiatives that will be trialled at the U/16 National Championships in Hobart and Perth. These include:

- a coach workshop to explore ways to create a winning team culture consistent with the values of the game
- an athlete workshop to explore the values of respect and sportsmanship
- 'Champions' – using water polo role models in a promotional campaign
- positive messaging encouraging fair play and positive sporting behaviour displayed around venues
- post-game handshakes that take place poolside after every game, involving players, coaches, team managers and referees
- pool marshalls who play a role in encouraging good behaviour among spectators
- good sport awards for displays of exemplary sporting behaviour throughout the tournaments
- evaluation surveys conducted to analyse the THINK. ACT. PLAY. pilot.



You can view a number of athlete videos supporting THINK. ACT. PLAY. at <https://www.youtube.com/channel/UCnWSpe861GzJ8v0xJAsAjLA>

SPORTING CLUBS MOVE INTO **headspace**

headspace is the National Youth Mental Health Foundation providing support for 12–25 year olds going through a tough time.

The service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support, and alcohol and other drug services.

The services can be accessed through a national network of over 80 **headspace** centres and an online counselling service, eheadspace. Research shows that youth sporting clubs are a great way to promote positive health and wellbeing. With a high number of engaged participants and settings that provide an opportunity for strong health promotion, there are large gains to be made by developing relationships with mental health organisations such as **headspace**. These include opening the door to positive mental health discussions, enhancing mental health literacy, encouraging help-seeking, increased camaraderie between players and coaches, and an overall positive sporting performance.

headspace can support sporting clubs by:

- helping publicly destigmatise mental health through engaging in promotional activities such as a dedicated ‘Mental health round’
- building awareness of local supports and services through the provision of merchandise such as posters, fact sheets, wallet cards, drink bottles and wristbands
- having a local **headspace** centre do a presentation to the playing group or parents on relevant mental health topics
- providing resources to clubs on how to support someone experiencing a mental health issue
- providing education to coaches and key club representatives on identifying and dealing with mental health issues.

Some sporting clubs have developed strong relationships with **headspace** centres. **headspace** Ballarat has been working closely with Ballarat VFL and TAC Cup football teams since 2013. The achievements of the partnership to date have been:

- a ‘mental health game’ and a Roosters home charity match
- a club staff member attended Youth Mental Health First Aid facilitated by headspace Ballarat
- multiple presentations to players and parents on mental health issues
- mental health resources on display at the football club with all players provided with information on headspace services.

For more information or to find your local headspace centre visit www.headspace.org.au

GOOD SPORTS - MENTAL WELLBEING IS MORE THAN A STATE OF MIND

If you haven't heard of Good Sports you are in for a great surprise. For many years now Good Sports has been working tirelessly to create healthy sporting communities around Australia. Good Sports is run by the Australian Drug Foundation and provides resources and training to help clubs tackle alcohol-related issues, mental health, smoking and obesity.

Since November 2014 it has been rolling out the Good Sports Healthy Minds program. Clubs can:

- become a local information hub on mental health and responsible drinking
- build long-lasting community relationships and make ongoing support and referral contacts
- promote good mental health with responsible alcohol use.

Through the Good Sports Healthy Minds program, a dedicated project officer will work with you to increase your club members' understanding of a range of topics associated with mental health. These include depression, anxiety, the risks associated with alcohol and drug use and mental health, and the help available for mental health issues.

Learn more about Good Sports and register your club at <http://goodsports.com.au>



USING SPORT TO REDUCE DEPRESSION



The University of Wollongong is partnering with the Australian Sports Commission, AFL, Cricket Australia, Tennis Australia, Swimming Australia, Basketball Australia and Football Federation Australia on a unique major study to promote wellbeing and reduce the risk of mental health problems among young male sports participants. Support for the three-year study comes from the Movember Foundation, with the ultimate aim of providing grassroots clubs with tools and resources to support athletes through mental health issues.

Dr Stewart Vella is a research fellow at the University of Wollongong. Dr Vella says that 'typically people haven't associated sporting clubs with having that role of supporting mental health, but they already play an important role. Our research shows kids who drop out of community sport are at a 10 or 20 per cent increased risk of developing mental health problems'.

'We are targeting mental health literacy. It's about giving players, parents and coaches the ability to recognise signs of mental health, being able to talk to each other. Some people don't know what to say or how to have the conversation. We need more education about that, how to ask and listen, where to go for information about professional help.'

To see a short video with Dr Vella talking about the study, go to:

https://www.youtube.com/watch?v=Q_7K9eT4rqw

If you need help in a crisis, call **Lifeline on 13 11 14**. For further information about depression, contact **beyondBlue on 1300 224 636** or talk to your GP, local health professional or someone you trust.

TASMANIAN FORUM ON MENTAL HEALTH AND DEPRESSION

Disclosure by public figures about their mental health problems has increased in our nation's media. For the sporting elite, however, personal disclosure of mental health issues is complicated by the competitive environment in which athletes move. There are conflicting points of view around revealing the issue publically or maintaining a strong public persona to ensure that such issues remain hidden.

The Tasmanian Government is aware of the prevalence of mental health issues and depression in the community, and Communities, Sport and Recreation recognises the important support and leadership the sporting sector can provide to its members and the broader community.

In July 2015, as one of its regular sports forums, Communities, Sport and Recreation invited Australian diver Matthew Mitcham to provide information on his journey and achievements to the Tasmanian sporting community.

In 2008, Matthew shocked the world when he won the Olympic 10m platform title and robbed the Chinese of a full sweep of diving gold medals. Thirty points behind on his final dive, Matthew scored four perfect tens to take the gold medal. Yet concealed behind this sporting triumph there was a story of a young man with a precariously balanced emotional life and years of battling depression.

Matthew gave a full account of his family and personal circumstances and the impact this had on his own development.

In his early teens his talent was spotted by coaching staff from the Australian Institute of Sport. Diving for Matthew evolved into a wrestle between his love for the sport and resentment for his undue dependence on it. As Matthew elucidated, 'diving was my ticket to specialness', and becoming the best in the world in diving was the answer to dealing with his mental health issues.

Matthew also faced additional challenges, including the realisation of his sexual identity. When he moved to Sydney to train in 2006, he found that hiding his sexuality became increasingly difficult.



Matthew Mitcham with Chris Honner (CSR) and Christian Ellston (ADF)



In the lead-up to the Beijing Olympics, Matthew trained under a new coach, Chava Sobrino. Matthew found in Chava someone who cared as much for his personal development as his talent. Matthew made the point that identity issues are very powerful for the adolescent, and coaches can play a vital role in helping young athletes to come to terms with developmental challenges.

It was Chava's acceptance of Matthew for who he was that gave him the courage to publically come out in 2008, shortly before the Beijing Olympics. After his extraordinary success at the Beijing Olympics, Matthew competed in several other international events, including the 2010 Commonwealth Games in which he won four silver medals.

Post Beijing, Mathew faced further challenges before finally reaching out for and gaining the help he needed to deal with both physical and mental health issues.

Matthew was selected to compete at the London 2012 Games to defend his title. He missed out

on competing in the final by one place, but was able to turn his intense disappointment around almost immediately.

Matthew concluded his presentation with the observations that: (1) mental health problems in sport are more prevalent than the public might believe; (2) there's a lot further to go in sport before athletes can feel comfortable sharing their mental health problems; (3) elite male athletes find it particularly hard to reach out for support; (4) speaking out publicly on the issue has been helpful in increasing awareness about mental health issues in sport; (5) through use of creative media (cabaret and humour), Matthew found a positive alternative to tell his story.

In 2012, he published his autobiography *Twists and turns*. Matthew is starring in a cabaret show of the same name that is currently touring Australia.

Thanks to Al Adams - Communities, Sport and Recreation (Tasmania)

A SENSE OF PERSPECTIVE AND THE THINGS THAT MATTER

Mental illness – the term itself has become such a catch-all as to no longer be particularly useful. There are many ways to be well or ill in this life, but it appears that despite modern medicine and technological advances, we’re still scratching the surface of what it means to be optimally healthy.

Perhaps professional sport demonstrates this room for improvement best of all. Here we have an environment in which athletes are provided with every possible means to optimise performance. Virtually unlimited budgets, finely tuned training programs and nutrition strategies, an entourage of recovery specialists and sports psychologists, and yet none of this appears to mitigate the risk of ill

health, physical or mental.

So while a perfect solution to ill health appears to be some way off, there is certainly much we can do in the interim.

For athletes, much can be achieved simply by identifying potentially risky periods in a sporting career. Along the spectrum of situations which may ignite mental illness in an athlete, two factors appear to stand out – injury and retirement.

A tremendous amount of incredibly hard work is poured into preparing oneself to perform at the highest level of any given sport. Into my chosen pastime of rugby union, I sank thousands of hours



“The single best strategy I know is to establish a sense of perspective about sport”

of blood, sweat and tears. Added to the grueling training is a long list of personal sacrifices. Weddings, birthdays and 'beers with the boys' become a series of distant memories and missed opportunities.

Whether these sacrifices are worth it is a subjective question that each athlete must weigh up for themselves. What I can say is that every sacrifice certainly seems worth it when you and your team-mates are able to achieve something genuinely special.

Perhaps it's for these very reasons that serious injury can be so destructive to an athlete's wellbeing. Life in rehabilitation, often for up to a year, can be incredibly mentally draining. During it all there are daily reminders of what you used to be able to do, and what you'd much rather be doing. I've seen many athletes struggle with depression during the most trying parts of injury rehabilitation, and I've often wondered how best to mitigate this problem.

The single best strategy I know is to establish a sense of perspective about sport. This is infinitely easier to write than it is to achieve, but I'm convinced that it's a project worth dedicating time to. It took me the better part of a decade to stop worrying about games. I connected with the fact that I'm a conglomerate of stardust existing on a tiny mode of dust in an infinitely large universe.

From this perspective I could place the importance of performance into its proper context. This made it easy to focus on the present moment, give 100 per cent to the things that mattered and over which I could exert some control, and to let go of the rest. It's a mindset that transcends sporting environments and one I've found incredibly useful.

From a practical standpoint, making an effort to develop interests, friendships and passions outside of one's sport can be an excellent way to prevent the negative mental effects of long-term injury. Life really is the ultimate gift, but it can be difficult to realise this when we place too much importance on a single aspect of it. Developing varied interests opens us up to all kinds of possibilities and positive opportunities, opportunities we are free to explore when sport isn't an option.

Retirement from sport is often a deeply stressful period for athletes. Many have known no other profession, and feel so defined by their job that retirement can bring about a profound sense of loss. Gone are the daily routines and adrenalin rushes that underpinned their lives, often replaced by seemingly tedious options. For members of team sports retirement can seem like the end of a host of highly valued personal relationships.

The truth is that life after sport can be every bit as interesting and exciting as any time spent as an athlete. Realising this isn't always easy, and it requires that athletes be prepared for a period of experimentation as they are thrust out of their comfort zones.

However, by being prepared to try new things, ask lots of questions and give their all, I'm convinced that any athlete can discover their vocation.

Clyde Rathbone

www.clyderathbone.com



SUPPORTING MENTAL WELLNESS

There is a new phrase you are likely to hear more of around sports clubs in coming years – mental health literacy. It is the concept of increasing the ability of players, parents and coaches to recognise the signs of mental illness among people in their club, and to be able to initiate a conversation and point to resources that might help.

Mental wellness is not something that has typically been on the radar of clubs, but several high profile athletes have recently revealed their battles with mental health issues, and sports administrators are looking for ways to act, including Professional Footballers Association chief executive Adam Vivian who recently told the Huffington Post that the code is failing players in this regard.

Former world number one triathlete and performance psychologist Gaylene Clews says the use of common sports phrases such as ‘mental toughness’ needs to be re-examined.

‘Don’t put a tag like “mentally tough” on someone because they are dealing with situations, with crises, with demands, better than someone else,’ Clews says. ‘It just means that the person who is coping better has been afforded the opportunity to develop a skill set that enables them to do so.’

‘You don’t label the person who is struggling as not tough enough, you work with them to develop the skill set to manage their physical and emotional resources to the best of their ability.’

Clews, who is also employed as a psychologist in the education sector, has recently published a book – [Wired to play: the metacognitive athlete](#) – in which she discusses how athletes and teams can identify mental health challenges; develop the skills to address them; and how clubs, parents, schools, coaches and others can provide support.

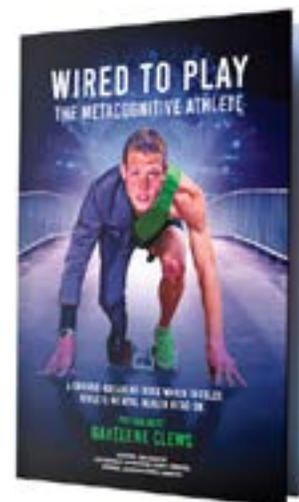
‘Mental toughness in my mind is actually metacognition,’ Clews says, referencing her book title. ‘Metacognitive athletes are individuals who are self-aware, who have the capacity to self-reflect, to understand how their world view has been shaped by their environment and to consider whether or not the way that they’re responding and dealing with situations is helpful or not. To not only ask the question but to implement strategies to deal with their emotional state, monitor how effective they are and, where necessary, adapt and change them.’

‘Adaptability, resilience, the capacity for problem solving – these are all skill sets that can be taught.’

In her book she cites the example of individuals who may be at risk of developing an anxiety disorder because of unhelpful thinking habits that trigger physical symptoms, and how coaches, teachers and parents can help those people recognise the difference between productive and unproductive worries and thoughts by encouraging metacognitive learning.

For instance, young people who are anxious about learning new skills for fear of making mistakes and being critically judged need to have constructive positive reinforcement, even if the whole movement is not correct, at least on the components that are. Clews says metacognitive athletes learn to self-correct, so to encourage this

thinking, those learning new skills should be asked to self-evaluate what part of the movement feels correct and why, and what part of the skill needs fine-tuning and how, rather than just being told what to do. While a number of high-profile athletes have discussed their battles with depression over the years, Clews says that when sport is done well it can help to moderate mood disorders such as anxiety and depression. If, however, the demands placed on an athlete are more than their personal resources to cope, the scales can tip in a negative direction resulting in athlete burnout and/or depression. For teenagers who are going through a time of physical and emotional change, Clews suggests that it is important to help them understand that mental energy, just like physical energy, is a limited resource.



‘There are things we think, feel and do that deplete our mental energy stores and there are things we can think, feel and do that help to replenish them,’ Clews says. ‘Exercise in general is a mental energy refueler and we all need to keep on moving for good mental and physical health.’ Conversely she adds, **‘Excessive use of technology is an energy consumer and can create a frenetic headspace. Individuals who spend more than two hours per day on recreational screen time may be at risk of interrupted sleep cycles and emotional exhaustion.’**

Clews suggests athletes keep a mood diary to help them to reflect on their mood changes and the factors that contribute to those changes, so positive adjustments can be made that ultimately help athletes manage their emotional energy and mental health. For athletes who are injured or dealing with missing out on selection, Clews recommends that they are debriefed on the need to keep exercising in some form because it regulates the body’s feel good neurochemicals and without it many may slip into feelings of anxiety and/or depression. She also suggests it is important to provide athletes with a clear direction on what to work on if they are seeking future selection so they can chart and monitor improvement. Clews also expands on different personality traits that can place individuals at greater or lesser risk of developing depression.

‘In understanding different temperaments it is easier for the athlete and those supporting them to work with those differences to maximise the positive aspects, while minimising any potential harm from less helpful aspects,’ she said.

There are the anxious worriers, irritable personalities, self-critical personalities; those who are ‘interpersonally sensitive’, self-focused, perfectionists, socially avoidant, reserved, cooperative and effective. Clews outlines metacognitive techniques that can help each personality type minimise harm associated with anxiety and depression.

‘It’s not always just played out with individuals either,’ Clews says. ‘The mix of personality types in teams can also have an impact on team performance. For example, an irritable personality type who is highly critical of others can significantly inhibit the playing ability of athletes who are interpersonally sensitive. Fearful of criticism, the interpersonally sensitive athlete may hesitate in the field of play resulting in lost opportunities. The irony is, the irritable personality type may then feel justified in their negative comments because mistakes were made, with little self-awareness as to how their negativity was a significant factor in the poor performance of another.’

Social Media: Considerations for sporting bodies

Sporting bodies need to ensure that they have an effective social media policy in place to guide what gets published online by its employees, including athletes. Of particular importance is the role that such policies can play in pre-empting unfair dismissal claims arising from alleged social media misuse.

When it comes to sport, most teams, leagues and federations have social media accounts in an attempt to engage with social media users. Each social media account will usually have a social media manager who will publish material on behalf of the account holder.

Notwithstanding instances where such an employee has ‘gone rogue’, these representations are mostly aligned with the account holders’ views, policies and general ethical and moral standards. This is achieved with relative ease, as there is usually just the one outlet per social media platform that ‘speaks’ on behalf of the organisation, and can therefore be regulated by an effective and instructive social media policy.

However, when it comes to individuals in sport, such as athletes, coaches, training staff, or members of the management or executive team, there are a number of challenges that social media presents. The most pressing of these, arguably, is distinguishing between personal and professional use and wider considerations of balancing the rights of an employee or athlete to engage in free speech with an employer’s ability to control what is posted on social media.

Sporting bodies should be implementing a social media policy which outlines what is considered to be acceptable employee or athlete conduct when using social media platforms. This should be made clear in any employee or athlete contract, whether it be a club’s star player or an administrative staff member. The focus of such a policy should revolve around the often-forgotten fact that once something has been posted online, it is usually immediately made public.

Examples of guidelines provided by sporting bodies include the Australian Olympic Committee’s 2014 Australian Olympic Winter Team Social Media Guideline, which states that ‘comments should reflect and enhance Olympic values, particularly fair play and respect for others. They must not be offensive, inappropriate, defamatory, misleading, deceptive or otherwise illegal’.

The importance of social media guidelines was recognised by the Fair Work Commission in the case of *Stutsel v Linfox* [2011], where the Commission held that it would be expected that employers implement such a policy and convey its substance to employees. In other words, there may be cases where an individual has posted inappropriate comments or material online, but due to the fact that their employer had not implemented a social media policy, may be found not have conducted themselves in a way which gives rise to their termination. Of course, termination should be a last resort and only reserved for severe circumstances, however it is likely that tribunals within each sport will take such considerations into account when reviewing a sporting body's decision to act on social media misuse.

While guidelines such as this are an effective starting point for managing social media use, they don't always deal with the tension caused by trying to distinguish between personal and professional social media use. This will often be an important factor in trying to ascertain whether an individual has breached a social media policy, particularly when what has been posted is not explicitly offensive or inappropriate, but may be nonetheless controversial.

This is especially the case for high-profile sporting personalities. For example, if a popular athlete has a Facebook fan base of several hundred thousand users by virtue of their sporting popularity, does that mean that anything that he or she posts must be regarded in a professional capacity? If so, are they entitled to set up separate, personal social media accounts if they wish to discuss, for example, controversial rather than inappropriate matters? Or are they bound to the social media policy of the club they play for as long as they are playing for them?

Such rhetoric will always fall back onto the debate over the responsibility that comes with fame and popularity, and many will argue that such responsibility – to the sport, to their club and to their fans – outweighs the right for an individual to be able to speak their mind. A lot of this will be up to the sporting body to decide how they want to engage with their fans and followers on social media.

Notwithstanding these wider considerations, if sporting bodies, as employers, are ensuring that they have effective social media policies, that these policies are clearly communicated and accessible to all employees and athletes, and that these policies are regularly followed up by training and briefs, they should be in a good position to prevent social media misuse. In the event that such misuse nevertheless occurs, evidence of the existence of policies and the exercise of continuing training will work in favour of the sporting body in an unfair dismissal claim.

Gene Goodsell and Kosta Hountalas

Goodsell Lawyers

For further information, please refer to: <http://www.goodselllaw.com.au/sports-lawyer/>

Good Sports Healthy Minds

The Australian Drug Foundation is currently implementing Good Sports Healthy Minds, a mental health program targeting sporting clubs across Tasmania. Funded by the Tasmanian Government, Good Sports Healthy Minds aims to raise mental health awareness and community capabilities in regional and rural areas through working directly with community sporting clubs. The program aims to increase club members' understanding of mental health problems, the risks associated with alcohol and drug use, community attitudes towards mental illness, professional help available for mental health issues, and promotion of good mental health in sporting clubs.

MoodGym

[moodGYM](#) is a free, fun, and interactive program providing information to help you identify and overcome problem emotions related to depression and teaches you how to develop good coping skills for the future. moodGYM is not appropriate for crisis assistance.

E-couch

[E-couch](#) is a free and fun online program providing evidence-based information about emotional problems (including depression and anxiety disorders) and teaches strategies that may help you to prevent problems and understand yourself better. E-couch is not appropriate for crisis assistance.

Other resources available

There are a range of excellent services and resources to help you identify and deal with a wide range of mental wellbeing, including:

BeyondBlue - depression and anxiety:

<https://www.beyondblue.org.au/>

Black Dog Institute - depression and mood disorders:

<http://www.blackdoginstitute.org.au/>

The Butterfly Foundation - eating disorders:

<http://thebutterflyfoundation.org.au/>

headspace - youth mental health:

<http://headspace.org.au/>

ReachOut - youth mental health:

<http://au.reachout.com/>

Mental Health First Aid Australia - training:

<https://mhfa.com.au/cms/home>

Telephone services:

Lifeline - 13 11 14:

<https://www.lifeline.org.au/>

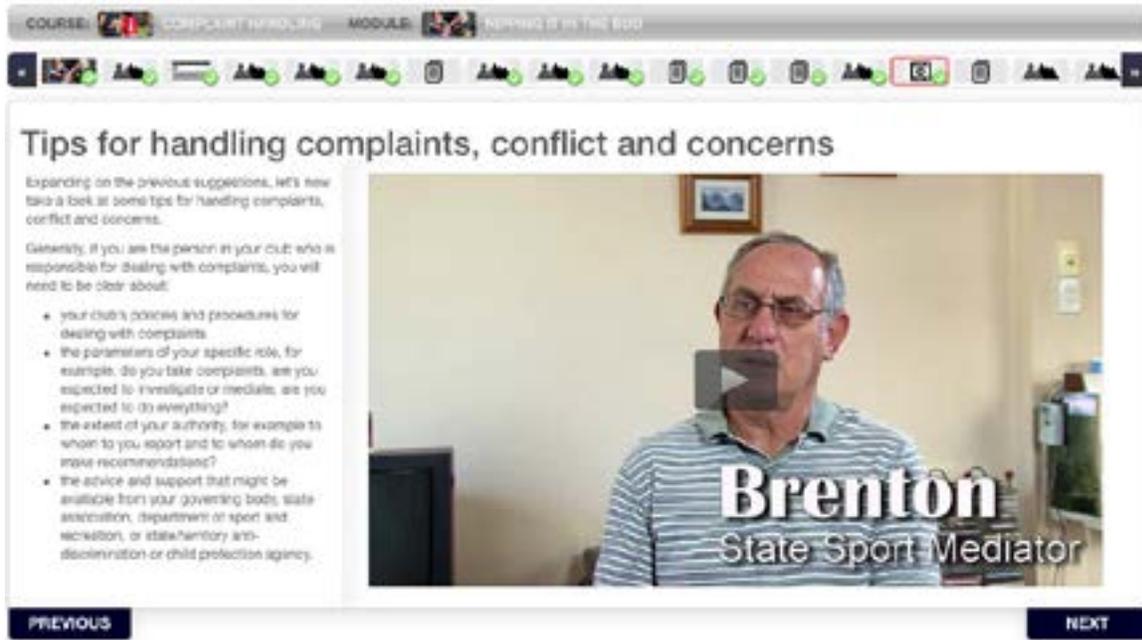
Kids Helpline - 1800 55 1800:

<http://www.kidshelpline.com.au/>

Mens Line Australia - 1300 78 99 78:

<http://www.mensline.org.au/>

ONLINE COURSE UPDATE



Tips for handling complaints, conflicts and concerns

The Play by the Rules online complaint handling course helps you navigate the sometimes complex process of managing complaints. It has seven modules and you can access it for free at <http://learning.ausport.gov.au>

In the 'Nipping it in the bud' module there are some useful general tips for handling complaints, conflict and concerns. Generally, if you are the person in your club who is responsible for dealing with complaints, you will need to be clear about:

- your club's policies and procedures for dealing with complaints
- the parameters of your specific role (for example, do you take complaints, are you expected to investigate or mediate, are you expected to do everything?)
- the extent of your authority (for example, to whom do you report and to whom do you make recommendations?)
- the advice and support that might be available from your governing body, state association, department of sport and recreation, or state/territory anti-discrimination or child protection agency.

RESOURCE PROFILE

Play by the Rules brochure

The Play by the Rules brochure has been updated. The brochure can be downloaded and printed for distribution. It provides a very good overview of all the different parts of Play by the Rules and gives all the relevant links you'll need to make the most out of Play by the Rules.

You can download it at: http://cdn.playbytherules.net.au/assets/PBTR_June_2015_PDF.pdf

For more free resource downloads go to:

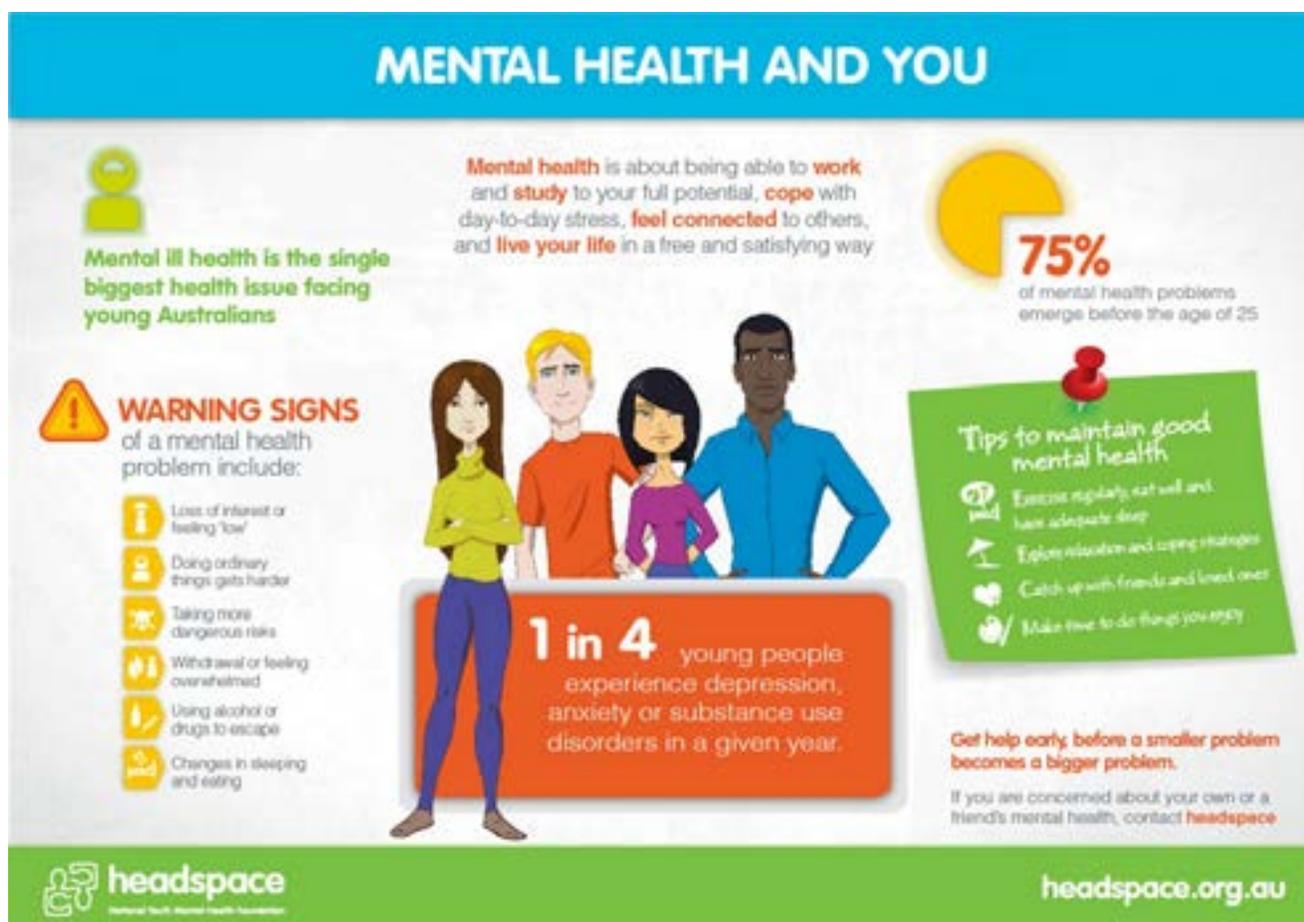
<http://www.playbytherules.net.au/resources/65-resources>



Infographic of the month

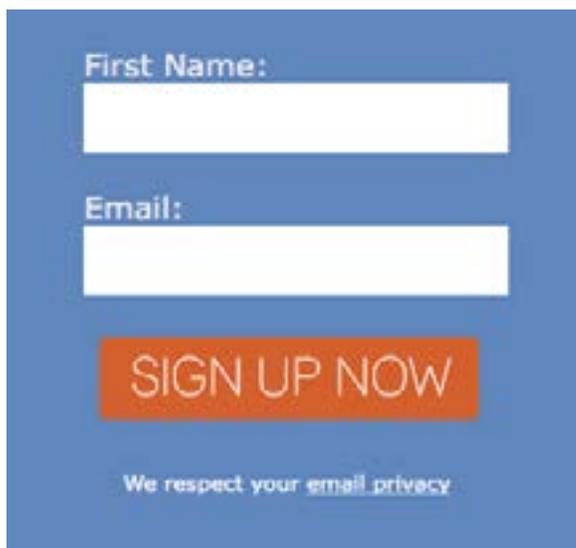
The infographic below was developed by headspace - it's clear, very well produced and, best of all, you can embed this on your own website. Simply go to:

<http://visual.ly/mental-health-you>



Subscribe to Play by the Rules

Come and join the 14,000+ subscribers to Play by the Rules - it's a great way to keep up-to-date with safe, fair and inclusive sport. Simply go to <http://pbtr.com.au>



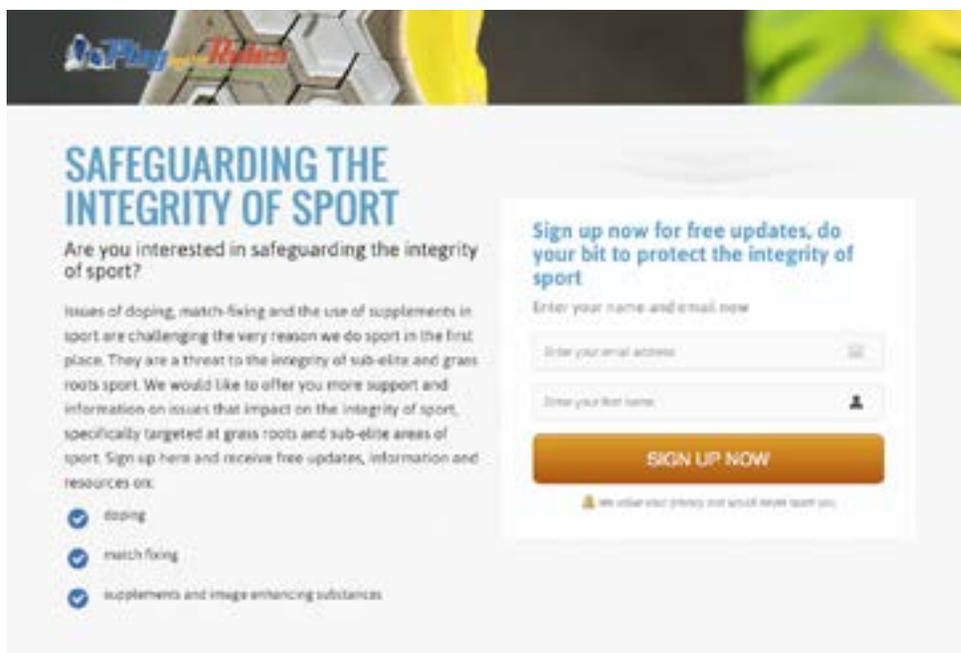
First Name:

Email:

SIGN UP NOW

We respect your [email privacy](#)

If you are particularly interested in issues such as match-fixing, inline betting, doping and the use of supplements in sport then you can also sign on here for updates - <http://pbtr.com.au/safeguarding>



SAFEGUARDING THE INTEGRITY OF SPORT

Are you interested in safeguarding the integrity of sport?

Issues of doping, match-fixing and the use of supplements in sport are challenging the very reason we do sport in the first place. They are a threat to the integrity of sub-elite and grass roots sport. We would like to offer you more support and information on issues that impact on the integrity of sport, specifically targeted at grass roots and sub-elite areas of sport. Sign up here and receive free updates, information and resources on:

- doping
- match fixing
- supplements and image enhancing substances

Sign up now for free updates, do your bit to protect the integrity of sport

Enter your name and email now

SIGN UP NOW

 We value your privacy and won't share your info

BACK PAGE

Our partners

Did you know that Play by the Rules is one of the best examples of a Collective Impact approach to addressing sport issues in the country? If not the best. Play by the Rules is a collaboration between multiple partners.



Back Issues

You can access each back issue for this magazine by visiting [this page](#) on the Play by the Rules website. All the feature articles and significant news items are listed here so you can access the resources that interest you.

Share and spread the word

One easy way to keep up to date and support safe, fair and inclusive sport is to share Play by the Rules across social media ...



[Facebook](#)



[Twitter](#)



[Soundcloud](#)

