

SPORTING CLUB WELLBEING RESOURCES



MENTAL WELLBEING

[Head to Health](#)

An online platform to help find digital mental health resources from trusted service providers.

[Headspace](#)

Mental health and wellbeing support for youth

[Hey Sport, R U OK?](#)

Resources for coaches, administrators, volunteers, and participants to build a connected and supported club culture.

[Love Me Love You](#)

Providing interactive and engaging programs that challenge the views and stigmas surrounding mental health.

[Tackle Your Feelings](#)

A mental health and wellbeing campaign, which supports proactively looking after your mental wellbeing.

[Good Sports: Mental Health](#)

Information and resources on mental health in sports.

[Orygen: Mental Wellbeing in Community Sport](#)

A suite of resources designed to help sporting organisations support the mental wellbeing of young people aged 12-24 years.

[This Girl Can](#)

A campaign inspiring women to get active through inspiration, information and resources.

[Get Active Victoria](#)

Inspiring Victorians to get active through providing resources, free workouts and support.

[Exercise Right](#)

A campaign encouraging all Australians to be more active by understanding how to "exercise right" for their needs

[My Community Life](#)

Kingston City Council's online hub for local events and activities.

PHYSICAL ACTIVITY & MOVEMENT

HEALTHY EATING

[Nutrition Australia](#)

Nutrition and healthy eating fact sheets from nutrition experts.

[Live Lighter](#)

Diverse resources promoting healthy lifestyles across healthy eating and physical activity.

[Healthy Eating Advisory Service](#)

Information and resources to support healthy food outlets, vending and catering in sports clubs and recreation facilities.

[Eat for Health](#)

Australian Guide to Healthy Eating, a representation of foods to be consumed from the five food groups.

[Fuelling Active Kids](#)

A guide for parents, coaches and team managers to encourage junior AFL players to eat and drink well to feel great and perform at their best.

[Good Sports: Healthy Eating](#)

Healthy eating resources including fact sheets for your club.

[VicSport: Healthy Eating](#)

Healthy eating information and resources for your club.

[Healthy Club Canteens Toolkit](#)

A toolkit to help assess your club's canteen to ensure healthy food and drink options are provided.

[Healthy Club Fundraising](#)

A toolkit to assist your club in providing healthy fundraising options.

[Rethink Sugary Drinks](#)

Tips and resources for going sugar sweetened beverage free.

[Hydration in Junior Sport](#)

Information sheet on why water is the best option for junior sport.

SPORTING CLUB WELLBEING RESOURCES



INCLUSION

[Club Respect](#)

Assists clubs to build and maintain a deep culture of respect.

[Play by the Rules](#)

Resources on inclusion and diversity and how to make your club welcoming.

[SportAus: Inclusion Toolkit](#)

A toolkit for creating positive, inclusive experiences for everyone.

[Proud 2 Play](#)

Ensuring LGBTI+ people feel safe and confident to lead healthy and active lifestyles in inclusive environments.

[Change Our Game](#)

Information and resources on levelling the playing field for women and girls in sport and active recreation.

[Female Friendly Guidelines](#)

Information and advice about developing gender equitable sports and recreation facilities.

[Centre for Multicultural Youth](#)

Tip sheets and resources to support inclusion and diversity in your club

[CALD Community Footy](#)

Toolkit for community football clubs to create a culturally and linguistically diverse environment.

[Reconciliation Australia](#)

Developing reconciliation action plans.

[SportAus: Sports Ability](#)

Inclusive activity cards to assist the delivery of sports-based activities for all levels of ability.

ALCOHOL & DRUGS

[GoodSports: Managing Alcohol in your Club](#)

Free resources on managing alcohol for your club.

[VicSport: Responsible Use of Alcohol](#)

Information and resources on responsible use of alcohol in your club.

[Alcohol and Drug Foundation](#)

Resources on alcohol and drug use.

[GoodSports: Tackling Illegal Drugs](#)

Information and resources on drug use and how to tackle that within your club.

[Drug Help](#)

Evidence-based information and resources protecting yourself or someone else from alcohol and drug related harm.

TOBACCO

[Quit: Victoria Sporting Clubs](#)

A range of resources to prepare and help your club to go smoke free.

[VicSport: Smoke Free Sport](#)

Information and resources for smoke free sport.

SUN SMART

[VicSport: UV Protection](#)

Information and resources on UV protection at your club.

[Sun Smart](#)

Tools and resources to know when you need sun protection and how to reduce UV exposure.

Any questions on how health and wellbeing can be supported at your club?

Contact the Health Promotion Team at Central Bayside Community Health Services on prevention@cbchs.org.au