

MENTAL HEALTH & WELLBEING POLICY

About this policy

Purpose

The purpose of this policy is for City Marians Hockey Club to establish, promote and maintain the mental health and wellbeing of all club members through club practices, and encourage members to take responsibility for their own mental health and wellbeing.

City Marians Hockey Club believes that the mental health and wellbeing of our members is key to organizational success and sustainability.

Goals

- To build and maintain a club environment and culture that supports mental health and wellbeing and prevents discrimination (including bullying and harassment).
- To increase club knowledge and awareness of mental health and wellbeing issues and behaviours.
- To reduce stigma around depression and anxiety in the club.
- To facilitate club members active participation in a range of initiatives that support mental health and wellbeing.

Scope

This policy applies to all club members of City Marians Hockey Club

Responsibility

- All club members are encouraged to:
- understand this policy and seek clarification from committee where required
- consider this policy while completing club-related duties and at any time while representing City Marians Hockey Club
- support fellow club members in their awareness of this policy
- support and contribute to City Marians Hockey Club's aim of providing a mentally healthy and supportive environment for all members.



- All club members have a responsibility to:
- take reasonable care of their own mental health and wellbeing, including physical health
- take reasonable care that their actions do not affect the health and safety of other people in the club.

Committee have a responsibility to:

- ensure that all members are made aware of this policy
- actively support and contribute to the implementation of this policy, including its goals
- manage the implementation and review of this policy.

Communication

- City Marians Hockey Club will ensure that:
- this policy is easily accessible by all members of the club
- club members are informed when a particular activity aligns with this policy
- club members are empowered to actively contribute and provide feedback to this policy
- club members are notified of all changes to this policy.

Monitoring and review

City Marians Hockey Club will review this policy 12 months after implementation and annually thereafter.

Effectiveness of the policy will be assessed through:

- feedback from members, the committee and other interested parties
- review of the policy by committee to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation.

