

Project kicks off at the footy: ***Good Sports – Good Mental Health Project***

Community sporting clubs play a key role in enabling people to be connected to each other. This connectedness is essential for good mental health. The clubs provide an environment that contributes to our wellbeing by promoting a sense of belonging and creating opportunities to develop good problem –solving skills, a positive sense of self-worth and knowledge of available supports. Vivaly, clubs can be a source of fun and exercise, which is great for our mental health. The Macorna and Murrabit Football Netball clubs are delivering a range of mental health promoting activities into their communities. This initiative is part of a pilot project conducted by the Good Sports program through its community partner Northern District Community Health Service and funded by the national depression initiative Beyondblue.

The project will be launched at the first meeting between the two clubs on Saturday May 12th. The launch will be at 12 noon in the Community Complex with Mr John Rogerson, National Director of the Good Sports Program and club Presidents, Brent McKnight and Greg Whinfield. Beyondblue information on depression will be provided at the gate as well as give-aways. There will be fun activities, including face painting and a jumping castle and an Auskick game at halftime of the main match.

The *Good Sports - Good Mental Health* project is supported by the Golden Rivers Football League which has provided ongoing promotion in its Record. The promotion emphasises that depression is not a weakness, but something that can affect anyone of us. It can be diagnosed by a GP and managed and treated successfully.

The project has a focus on the protective measures we can take to promote good mental health. The sorts of things happening in the project will include Mental Health First Aid training, A Men's Health Night (Macorna), training in the responsible serving of alcohol and a range of inclusive social activities with an emphasis on strengthening good mental health.