



AHEAD OF THE GAME

GROWN BY **MOVEMBER**



In partnership with



TOYOTA

coles

Movember Ahead of the Game is a mental health literacy and resilience program which aims to educate umpires, young players (aged 12-18 years) and their support networks (parents, coaches, and club volunteers) on the importance of mental health.

Giving them tools to deal with life's challenges, and the confidence to support their mates through tough times, whilst also empowering them to look after their own mental wellbeing.

Ahead of the Game consists of 4 x 45-minute workshops:

HELP OUT *A MATE*

FOR PLAYERS

Mental health literacy workshop that young athletes complete first. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help themselves and others when faced with mental health challenges.

'The Challenge' app. The mental health resilience workshop and modules focus on teaching young athletes about ways to identify and develop skills for managing the challenges that sport and life can present.

THE *CHALLENGE*

FOR PLAYERS

NO.1 SUPPORTER

FOR PARENTS

Mental health literacy workshop for parents. The session focuses on building parents' knowledge of what mental health is and the skills and knowledge around how to help their children and others when faced with mental health challenges. It also helps breakdown what is normal teenage behavior and what is not.

Mental health literacy workshop for coaches and club volunteers. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help young players and others when faced with mental health challenges.

GOT YOUR *BACK*

FOR COACHES