



MENTAL HEALTH **& WELLBEING**

PROVIDING EDUCATION & SUPPORT TO OUR DE LA COMMUNITY



OUR DUTY OF CARE IS TO EACH OTHER.

Emotional

Physical

Social

Financial

Changing the stigma around mental health

To provide education, training, and support to the wider De La Salle community to provide the necessary knowledge and skillsets to be able to identify , acknowledge, and provide assistance within all areas of mental health and wellbeing.



OUT OF THE BLUE PURPOSE

Our De La Community is growing and diversifying rapidly

As a Club with over 300 people actively engaged weekly within our walls, we believe in an environment of trust, honesty, safety, and wellness, and we want to look after our own.

A reflection of society, with added sports industry specific triggers, we know some people at certain times will need guidance and support. We will have people needing support with depression, anxiety, harassment, addiction, abuse, and motivation. We want to be able to offer help to anyone who needs it.

By engaging with medical professionals in Psychology, Nutrition, Sports Science, Human Resources, and Life Coaches, we will provide the necessary means to provide the assistance.





SERVICES THAT CAN BE PROVIDED FROM FUNDRAISING



Professional Workshops

Workshops with targeted subjects on relevant health issues and impacts run by professional bodies such as OTLR, Monash University, Play Like A Girl, Community Bank Malvern East etc.



Financial Assistance

To provide financial assistance to those requiring further assistance, and to engage our Community in copaching and education courses to assist us to identify and reduce harmful affects.



Professional Support

Support mechanisms in place for those needing additional anonymous care and support without the financial pressure.

STRATEGY TO BE CARRIED OUT THIS YEAR

Our strategy this year is to build is to give the Program real substance to ensure we can make the Club as safe, inclusive, and welcoming as possible. Initiatives in place include:

Vocation Audit

Identify real needs of our playing group, jobs or accomodation.

Monthly OOTB

Ambassador

Reward and Recognition of inspired acts towards to the Program

MHFA



Mental Health First Aid training for as many as we can.

Monthly Workshops

Workshops to be delivered to Players and Community on current issues that affect us.

Communications

Communications strategy to deliver the right messages over a number of topics.

Support

To offer guidance and a line of support for those who need it.

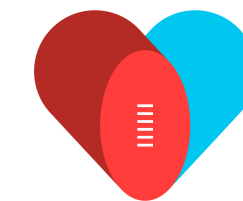
Community Bank
Malvern East



PLAY LIKE A GIRL®



MONASH
University



**TACKLE
YOUR
FEELINGS**

CHANGE OUR GAME

DE LA SALLE
FOOTBALL



YEARLY PLANNER

Topics being covered this year within the Program Workshops to Players, social media, and our wider De La Community.



financial management & planning



Effective sleep management



concussion impacts and warnings



drugs & alcohol



anxiety & depression



respect and gender



nutrition and its benefits



gambling harmful indicators



harassment and assault



cultural awareness



Chop's Run

\$35,000



On Saturday February 12 2023, at 4:00am, three legends supported by their mates, set out for a 100km run helping to raise awareness and fundraising for Out of the Blue.



HOW YOU CAN HELP

We are always on the lookout for commercial support from the corporate world as well as the mental health and wellbeing sector to provide education and workshops.



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THANK YOU!!

FOR SUPPORTING OUT OF THE BLUE AND THE DE LA COMMUNITY

