

Omega Cricket Club Mental Health and Wellbeing Policy



1. Policy Statement

Omega Cricket Club is committed to fostering a supportive, inclusive, and mentally healthy environment for all our members, players, coaches, volunteers, and their families. We recognise that mental health is a critical part of overall wellbeing and are dedicated to promoting mental wellness through education, awareness, and access to resources. Our club strives to create a culture where mental health is openly discussed, stigma is reduced, and every individual feels empowered to seek support when needed. Together, we aim to build a club community that champions positive mental health and ensures a safe, welcoming space for all. This policy applies to all members, including administrators, officials, coaches, players, spectators, visitors, and volunteers at **Omega Cricket Club**, and is effective from **25/11/2025**.

2. Our Principles

We commit to:

- Promoting positive mental health and wellbeing across our club community.
- Encouraging open and respectful conversations about mental health.
- Reducing stigma by normalising mental health as part of everyday life.
- Supporting each other with compassion and without judgement.
- Creating an inclusive environment where everyone feels welcome and safe no matter of sex, gender, ethnicity, religion, disability or age.

3. Our Commitments

As a club, we will:

- Actively promote local mental health services to everyone at the club, ensuring officials, members, players, and families are aware of the support available to them.
- Offer opportunities to increase awareness and skills related to mental health and wellbeing through sharing of information, educational initiatives, workshops, and/or online content.
- Include mental health check-ins as part of our regular club activities where appropriate.
- Promote balance, enjoyment, and connection as key parts of our sporting environment.
- Encourage early help-seeking and remind members that it's okay to ask for support.
- Provide a safe, confidential space for club members to discuss concerns with designated Mental Health Champions.

The club will provide and promote opportunities for mental wellbeing at the club, including holding and promoting fundraising events to celebrate and raise awareness. Achievements of members, both in sports and as contributors to the club community, will be celebrated.

4. Support Pathways

If you or someone you know is experiencing mental health challenges, we encourage you to seek support from:

- Lifeline: 13 11 14 (<https://www.lifeline.org.au/>)
- Beyond Blue: 1300 22 4636 (<https://www.beyondblue.org.au/>)
- Headspace: www.headspace.org.au
- Your GP or a local mental health professional

2025/26 Mental Health Ambassadors: Tom Smith & Sophie Henderson

5. Policy Review

Omega Cricket Club is committed to regularly reviewing and adapting the Mental Health and Wellbeing Policy to ensure its effectiveness in supporting the mental health and wellbeing of all players. This policy will be reviewed annually, with amendments made as required.

For further guidance please see <https://www.omegacricketclub.com/>

Feedback process:

Club members are encouraged to provide feedback on the policy or report concerns to the committee, which will be reviewed and addressed in a timely manner.

Policy approval date: 25/11/2025

President (name): Nick Bridges

President (signature): 

Vice President (name): Patrick Burnell

Vice President (signature): 

This policy was last updated on: 25/11/2025

Next review date: 01/12/2026
