

**Man Anchor  
NSFA  
Wellbeing Program**

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**A mental Health  
First Aid  
Training Program For  
Club Wellbeing Officers**



Man Anchor



# Man Anchor NSFA Wellbeing Program



NSFA and mental health movement Man Anchor are partnering to implement a mental health first aid training program in each of the 30 clubs to have a Wellbeing officer in each club for both youth and adult players.

The role of the Wellbeing Officer will be to help guide and support the mental wellness of its members and be equipped with tools to help guide someone if faced with a mental health crisis or illness until professional clinical help can be arranged. This program has been designed to help build on the already strong culture NSFA clubs have within the wider football community.

The Wellbeing & Welfare Officer is not a role for everyone and will require several traits and skills when nominating for the position:

- Open minded
- Empathetic
- Approachable
- Good listening and communication skills
- Flexible (to be available to talk)

## Adult Wellbeing Officer

The Adult Wellbeing officer will be trained in Mental Health First Aid and upon successful completion of the course, the participant will be accredited with a 3-year qualification as a mental health first aider.

## What the Course Covers:

Course participants learn about the signs and symptoms of the common and disabling mental health conditions, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

## Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

## Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

## Course Format:

This is a 10-hour course, which is delivered in two components, a 6-hour eLearning package and a 4-hour face to face facilitated session. Session to be held on the 12th of February 2022.



Course facilitator  
Steven Gamble



## Please note:

This course is not a therapy or support group, rather it is an education course to learn how to give first aid to others.

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## Youth Wellbeing Officer

The Youth Wellbeing Officer will be trained in Youth Mental Health First Aid and upon successful completion of the course, the participant will be accredited with a 3-year qualification as a mental health first aider. The Youth Mental Health First Aid course will teach you how to assist adolescents who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

## What the Course Covers:

### Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders

### Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours
- Non-suicidal self-injury

## Course Format:

Course Format: This is a 11-hour course, which is delivered in two components, a 4-hour eLearning package and a 7-hour face to face facilitated session.

Session to be held on the 5th of February 2022 venue TBA..

## Registration:

To register your clubs Adult and Youth Wellbeing officers please contact:

NSFA Wellbeing Manager Jake Cohen

NSFA Wellbeing Manager Email: [wellbeingmanager@nsfa.asn.au](mailto:wellbeingmanager@nsfa.asn.au)



## Thank You

Thank you for your interest in this proposal and willingness to care for others.

For more information please visit our website - [www.mananchor.com.au](http://www.mananchor.com.au) or contact:

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