

LEADING THE CHANGE 2019

A partnership project aiming to increase awareness of respectful relationships, promote gender equality and reduce stigma associated with help seeking for mental health concerns, promoting positive cultures within sporting clubs in the AFL Outer East.

41 SALT sessions delivered

11 Football and netball clubs in the AFL Outer East

An estimated **1000** people attended the sessions

INTRODUCTION

- AFL Outer East aimed to increase club's capacity to identify and respond to mental health issues and family violence within participants in their clubs.
- Supported by Eastern Health - Health Promotion and Yarra Valley Water.

WHAT IS SALT?

SALT Sport and Life Training is a not-for-profit health promotion organisation. Their vision is *To Transform Australian Culture Through Sport*. SALT deliver quality education, culture and leadership sessions into sporting clubs, schools and businesses using trained and experienced teachers who understand the context of sporting club culture.

For more information visit:
<http://www.sportandlifetraining.com.au/>

763

Individuals responded to the SALT Mobile Quiz questions

10

Men's "Mental Health and Wellbeing" sessions

13

Women's "Mental Health and Wellbeing" sessions

9

Men's "Equality is the Game" sessions

9

Women's "Crossing the Line" sessions

The SALT Mobile QUIZ - Mental Health and Wellbeing

Female results

21% of female participants had experienced a mental health issue in the past, 32% disclosed that they are currently living with a mental health issue and 34% know someone that has experienced a mental health issue.

Male results

28% of male participants had experienced a mental health issue in the past, 9% disclosed that they are currently living with a mental health issue and 51% know someone that has experienced a mental health issue.

The SALT Mobile QUIZ - Healthy & Respectful Relationships

More than 1 in 4 female participants (31.4%) reported that they had been in an abusive relationship.

51% of female participants knew someone who has experienced an abusive relationship.

easternhealth

SALT
SPORT & LIFE TRAINING

Yarra Valley Water

