



**Mental Health  
OCTOBER**

# Mental Health

- Mental health is an issue for everyone.
- It refers to how a person feels, thinks or behaves. It is a state of mind that enables us to cope with the normal ups and downs of life.
- It includes our emotional, psychological and social well-being.
- It affects how we think, feel, and act.
- It determines how we handle stress, relate to others, and make choices.
- Mental health is about wellness rather than illness and involves feeling resilient, enjoying life and being able to connect with others and the way they approach providing a supportive environment.



# What is a Mental Health Issue?

A mental health issue interferes with a person's cognitive, emotional or social abilities. There are different types of mental health issues and each of these can occur with a varying degree of severity. Examples can include:

- Depression
- Anxiety
- Personality disorders
- Eating disorders

Just because someone has not been diagnosed with a mental health condition, it does not necessarily mean that their mental health is flourishing. Likewise, it is possible to be diagnosed with a mental health condition while feeling well in many aspects of life.



# What Causes Mental Health Issues?

There is no single cause for mental health issues. The various, and often complex factors that impact our mental health and wellbeing are often defined as either a risk or protective factor. Risk factors adversely impact a person's mental health while protective factors strengthen a person's mental health and work to improve a person's ability to cope with difficult circumstances.

Examples of risk factors include:

- Genetic predisposition
- Discrimination and racial injustice
- Family conflict or family disorganisation
- Stressful life events

Examples of protective factors include:

- Personal attributes, including the ability to cope with stress, face adversity and problem-solving skills
- Physical health and healthy behaviours
- Physical activity levels
- Social support and inclusion
- Strong cultural identity and pride



# Mental Health & Wellbeing in Sport

How communities address mental health and wellbeing in sport plays a central role in the lives of the young people that participate.

Our football community advocates for mental health and wellbeing to increase mental health literacy and prevent potential mental health challenges.

The role our club plays in mental health and wellbeing is crucial to the promotion of good habits, as well as breaking down social barriers to receiving help.

Participation in sport can have direct benefits for physical and mental health by encouraging regular exercise.

# Reach out, we're here to help!

**Mayoor Thievendram**  
M: 0410 863 776  
E: [mayourt@hotmail.com](mailto:mayourt@hotmail.com)

**Bridget Carson**  
M: 0458 290 528  
E: [secretary@canterburylionsfc.com.au](mailto:secretary@canterburylionsfc.com.au)

**Kids Helpline:** 1800 55 1800

**Beyond Blue 24/7 Support:** 1300 22 4636 or  
chat to a counsellor online

