

O | T OUTSIDE THE
L | R LOCKER ROOM

MENTAL HEALTH EDUCATION

+

WELFARE SUPPORT

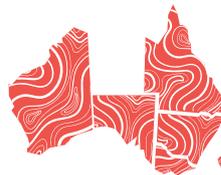


OUTSIDE THE LOCKER ROOM

We provide critical mental health education and welfare support to sporting clubs, schools and workplaces across Australia.



Outside the Locker Room is a registered charity founded in 2015 by ex-AFL player, Jake Edwards.



Why mental health? Looking at the stats...



Suicide is currently the leading cause of death for young Australians.



1 in 5 Australians will develop a mental illness.



75% of mental illnesses emerge before the age of 25.

... it's clear we need to support each other from early in life.

Why did we start with sporting clubs?



Over 70% of young Aussies participate in sport. 80% participate through a club.



Sporting clubs can be 3x more useful for developing social networks than school, uni or work.



Sporting clubs have a social reach of 10 people for every 1 player.

We can reach a lot of young Australians, through a community with an even bigger reach.

Why us? Because we stick around.

When a club signs up for our program, we make a 12 month commitment. Over that year we provide:



2 mental health education sessions



Delivered by a trained program facilitator and a registered mental health professional



12 months of welfare support, inc. via our app

And it's not just sport. We've tailored our program for schools and workplaces, so that they can join the club too.

We've got your back. In and outside the locker room.

We've been running our program in schools since 2018.

Just like sporting clubs, schools allow us to reach a lot of young people and to engage them "where they're at".

In Western Australia, Outside the Locker Room has been funded by the Australian Government Department of Health under the Community Health and Hospitals Program.



In 2019, in partnership with Global Roaming Pilbara Foundation, we launched our program in the Pilbara, a region of Western Australia with a high Indigenous population.

Suicide rates for Indigenous Australians are more than double the national average and Indigenous youth report psychological distress at a significantly higher rate than non-Indigenous youth.

Our program, when delivered to Indigenous communities, is tailored to provide culturally appropriate education and support.

Visit otlr.org.au to find out more.

MENTAL HEALTH EDUCATION

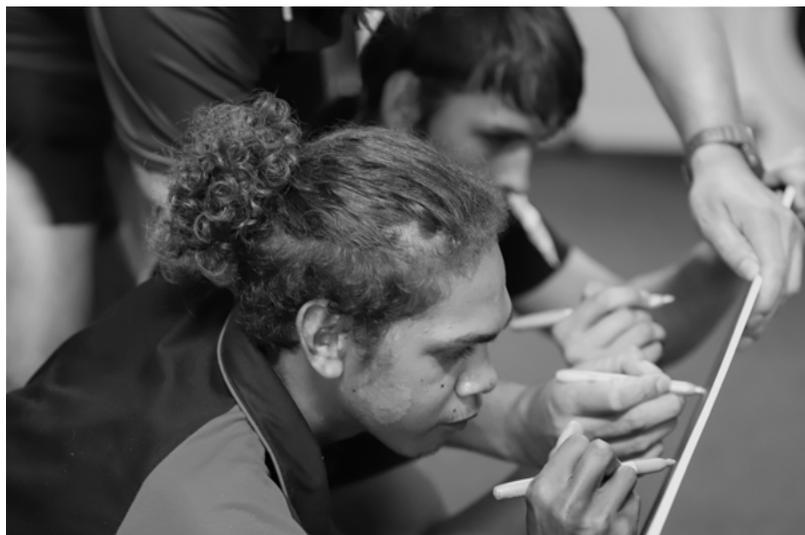
When your school signs up to our program, we provide two mental health education sessions.

To launch the program, we come to your school to deliver the first education session, 'Youth Mental Health'.

This session focuses on reducing the stigma surrounding mental ill-health, including:

- How to identify possible signs of mental ill-health
- When and how to support yourself or someone else

This session also covers coping mechanisms, including strategies to deal with adversity.



Later, we return to your school to deliver a second education session, 'Cyberbullying'.

This session focuses on the bystander, rather than the "bully" or the "bullied". We aim to build skills like empathy, asking:

- What power do you have as a bystander?
- How can you respond?
- Why do bullies bully?

Each of our education sessions run for 60 mins.





WHO DELIVERS OUR SESSIONS?

Our program has been developed in partnership with mental health and youth service experts and is delivered by locally-based program facilitators and registered mental health professionals.

Program facilitators

Program facilitators are casually employed by Outside the Locker Room to deliver our mental health education sessions across Australia.

Facilitators are fully trained to present on the topics and themes covered in the session.

Welfare champions

Welfare champions are registered mental health professionals* contracted and trained by Outside the Locker Room to support the education sessions we deliver across Australia.

While the majority of the session content is delivered by our program facilitators, the role of the welfare champion is to:

- Give their professional opinion on session content
- Break down barriers to seeking professional help, by being present and relatable in the room
- Provide immediate support to anyone who may need it

*Qualified counsellors, psychologists, social workers, mental health nurses, mental health occupational therapists, or other registered mental health professionals.

WELFARE SUPPORT + OUR APP

When your school signs up to our program, we provide 12 months of welfare support.

Students over the age of 13 will also receive free access to our unique mobile app.

24/7 access.
Supported by Lifeline.
Available on iOS and Android.



Throughout the duration of our program, students, parents and teachers can reach out to our dedicated welfare team for free consultation advice and referrals.

Our welfare team can be reached via email* or via our app.

Our app allows students**, parents and teachers to...

- Message our welfare team
- Call or message Lifeline
- Find a registered counsellor
- Complete weekly 'check in' surveys on their mental and physical health
- Access resources on mental health, drugs, alcohol, gambling and violence
- Access inspirational and educational videos

App questionnaire

When first downloading our app, participants will complete a questionnaire to determine if they are at risk of mental ill-health. In these cases, the participant will be directly contacted by our welfare team to conduct a risk assessment and provide a care plan with individualised resources and recommendations. This may include referrals to external services for ongoing care if appropriate. Our welfare team will also provide follow ups at no extra cost where necessary.

App T&Cs

Any welfare services additional to our app are at the cost of the individual requesting the support.

Anyone under the age of 18 must provide OTLR with details of a guardian (via the app) in order to access the app.

*Students under the age of 13 can access our welfare support by directly emailing our welfare team.

**We do not recommend that students younger than 13 use our app. Should they use it, they must request permission from a guardian in order to download the app, including talking through the app terms and conditions together.



NEXT STEPS

To express your interest in having our program at your school, head to:

<http://bit.ly/otlrschool>

For any queries regarding our program, please contact the coordinator for your state:

QLD: James Dowling, jdowling@otlr.org.au

WA: Hayley Barrett, schools@otlr.org.au

All other states? Our school program hasn't reached your state, yet! To find out when we might arrive, please email info@otlr.org.au.

For any queries regarding our welfare support and mobile app, please contact our welfare team directly via welfare@otlr.org.au.

In Western Australia, Outside the Locker Room has been funded by the Australian Government Department of Health under the Community Health and Hospitals Program.

Please note we are not an emergency response service. If at any point you are concerned for your safety, or the safety of someone else, please call 000.

Outside the Locker Room Charity Ltd is registered as a charity with the Australian Charities and Not-for-profits Commission | ABN 4563527762

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