



## Project Information

# Men's Health & Wellbeing (26 years+)

24 April, 2022



GREAT SOUTH COAST  
Suicide Prevention  
Place Based Trial



OUTSIDE THE  
LOCKER ROOM

**phn**  
WESTERN VICTORIA  
An Australian Government Initiative



Australian Government



# MEN'S HEALTH & WELLBEING (26 YEARS+)

## PROJECT SUMMARY

This project provides the foundation for **improving access to appropriate and effective mental health support for males (26 years and older)**, particularly focused on sporting clubs in the Great South Coast as a priority population.

The work completed in this project included **delivering community consultations and awareness raising sessions to help:**

1. Gain a better understanding of the target group, specifically the risks and vulnerabilities that exist in this community relating to men's risk of suicide
2. Support and engage the community to better recognise and respond to this group of men who are at risk of suicide

A total of 12 programs were run across 10 sporting clubs, engaging with 339 participants.

This project was completed in August 2021 and was run by Outside the Locker Room (OTLR) who delivered their welfare and education program (Suicide Prevention).

## KEY OUTCOMES

AFL Western District are a big supporter of mental health awareness and education and OTLR is now their official Wellbeing Partner for season 2022. AFL Western District swiftly took up the 12 sessions.

Following the sessions, a total of 153 people then registered on the OTLR app, and 112 completed the linked onboarding survey.

The data showed high rates of mental health distress from those who completed the onboarding survey with one in four participants (25%) being flagged for assistance.

A total of ten participants (9%) out of those who completed the onboarding survey requested assistance from the welfare team.

## RECOMMENDATIONS OF THE PROGRAM

- Greater focus on supplying services for smaller communities in the Great South Coast
- Development of a directory of local welfare services provided to all projects
- A directory of local community groups and sporting organisations to assist in communication channels.



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## BACKGROUND

On average, one in eight men will experience depression and one in five men will experience anxiety at some stage of their lives.

Men make up an average 7 out of every 9 suicides every single day in Australia. The number of men who die by suicide in Australia every year is nearly double the national road toll.

The expressed concern and need for welfare services in the GSC area by OTLR welfare professionals, local welfare services and individual community members was above what has been seen by OTLR before, showing a clear indication of local distress for accessibility of services. Increased wait times and financial inaccessibility for welfare support services in the area are a major concern for all involved.

**Background research:** <https://www.beyondblue.org.au/who-does-it-affect/men> & OTLR Findings.

## PROJECT DELIVERABLES

10 sporting clubs were involved through a combination of digital, virtual or face to face education and awareness-raising resources.

The following sporting clubs took part in the program: Warrnambool FNC Committee; Warrnambool FNC; Casterton Junior FNC; Casterton Senior FNC; Port Fairy FNC; Western District Umpires Association; Tyrendarra FNC Committee; Tyrendarra FNC; and Portland FNC. 3 facilitators were locally recruited to conduct the sessions.

There was also a focus on engaging with local community groups and health services, resulting in the compilation of a comprehensive five page referral partnership document which was used by the welfare team when support cases came through in the final five months of the program, to connect community members with relevant local services and resources from which they can seek help.

## ADDITIONAL SUPPORT

Additional mental health resources/support (in addition those developed as part of this project) that are tailored to the needs of men in this target group:

1. Community Groups and sporting clubs to engage in OTLR programs: <https://otlr.org.au/otlr-programs/>
  2. Access to the Sporting Club Community Pack:  
<https://drive.google.com/file/d/1Y8wxOP9tiRAN3Kl5L-fcJxSUnUKYgR1N/view>
  3. Learn the signs, find the words, connect to care. Participate in free\* training suicide prevention training - LivingWorks START - here: <https://form.jotform.com/220807792455058>
- \*free for communities in GSC only.

**MORE INFORMATION ON THE GSCSPPBT TRIAL**

Visit [bit.ly/GSCSPPBTbackgrounders](https://bit.ly/GSCSPPBTbackgrounders)

