



# Mornington Peninsula and Frankston City Table Tennis Association Inc (MFTTA)

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## MENTAL HEALTH POLICY

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**Drafted By:** Initial draft from Good Sports Australia (funded by Australian Government) Sept 2020 and edited by David Griersmith (Secretary MPTTA) 29 September 2020; support numbers updated 21 Oct 2020; and mental health first aid and other inclusions made by Griersmith on 27 Oct 2020; further edits by DCG with input from Sarah Grant 31 Oct 2020; final edits 4 Nov2020; name change to MFTTA

**Approved and endorsed by:** MPTTA Board of Directors at its meeting on 4 November 2020

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### Purpose

The purpose of this policy is to ensure that the members and Board of Directors of Mornington Peninsula and Frankston City Table Tennis Association Inc (hereafter “MFTTA” or the “Association”) understand the Association’s role and position in relation to mental health, which is aimed at ensuring everyone is safe and healthy. In addition this policy sets out the procedures to be undertaken in the event that mental health problems are encountered by the Association. This policy should be understood in conjunction with the Association’s Codes of Behaviour, Fair Play Code, Child Safe, Injury Report, and OH&S policies.

### Rationale

MFTTA aims to provide a safe, supportive and inclusive sporting environment in which all members of the community are welcome to join, participate and contribute to the Association in various ways. A safe and supportive Association culture protects people against a range of health-related risks. A strong and inclusive Association enables players, members, supporters, families and others in the community to engage in meaningful and positive relationships for mutual benefit.

## **When Does this Policy Apply?**

This policy applies to all members and visitors to any formal or informal event, meeting, match, competition or other function that is organised under the auspices of the Association. In addition, the Association expects its members to acknowledge the policy in their private lives. This policy is especially critical and relevant due to the increased incidence of mental health problems as a result of the SARS COV-2 pandemic and COVID-19 lockdowns in Victoria.

## **Responsibilities**

Our Association is committed to:

- Activate and comply with this policy;
- Promote the policy in various ways, including noticeboards, at player and member registration, through training, and through digital channels such as social media and websites;
- Promote and role model the expected attitudes and behaviours at all times;
- Encourage open communication and work towards a culture that supports mental wellbeing for all those involved with the Association;
- Appoint and provide support for suitably trained Welfare Officers who have the responsibility to assist Association members who might require help; OR appoint a member of the Association leadership with suitable skills to act as an escalation point for issues or incidents concerning the mental health of an individual;
- Display key contact numbers in accessible places including the provision of a list of suitable health service providers who can help Association members or player as required;
- Display information about mental health issues;
- Conduct an annual Good Sports day to promote safe alcohol consumption and mental health;
- Undertake activities that promote members to seek help and to decrease stigma, such as mental health themed events, game days, inviting expert speakers to address players and/or members, undertaking mental health education, promoting mental health messaging through websites and social media;
- Encourage coaches, Board of Directors, Members and Association officials to take note of changes in individual's behaviour and reporting any concerns to the Association escalation point or Welfare Officer, and to be vigilant about identifying those who may be struggling.

**Individuals are encouraged and required to:**

- Comply with this policy
- Promote and role model the expected attitudes and behaviours always
- Be responsible and accountable for their behaviour

- Alert Association officials, the designated escalation person or Welfare Officers with any concern about the wellbeing of any Association member
- Honour our commitment to the health safety and wellbeing of all our members
- Treat everyone with respect and care
- Treat personal information disclosed with confidentiality

### **Supporting members with Mental Ill Health**

Open non-judgmental communication is encouraged between all members, including players and coaches, so that members feel comfortable to talk about any support they may require to maintain their health. This might mean a break from competition, social play or training, or training in a less intensive manner for a period.

Coaches, Association officials, Board of Directors and members are encouraged to ask individuals if they need help, if appropriate (e.g. if such individuals are showing signs and symptoms of mental ill health).

### **The Responsible Official and Training**

The Association will elect a suitably trained and/or qualified official responsible for acting as an escalation point for mental health and wellbeing, with a second person as an assistant/backup. The Association will arrange for mental health first aid training for relevant officials if they have not already done so. One recommended training provider is Mental Health First Aid Australia which offers a 12 hours course for adults (see <https://mhfa.com.au/courses>).

### **Mental Health First Aid**

Mental Health First Aid may be provided by appropriately qualified/trained/skilled members or officers of the Association to assist a person in need. The term “first aid” means help that is given to an ill or injured person before professional medical/mental health treatment can be administered.

Hence Mental Health First Aid is immediate temporary assistance and the aims are to:

- preserve life where a person may be a danger to themselves and/or others
- prevent harm to others,
- provide immediate help if possible to prevent the mental health problem becoming more serious,
- provide immediate comfort and support to the person with a mental health problem.

[Source: “Mental Health First Aid Manual” 2<sup>nd</sup> ed, by Kitchener, B, Jorm, A. and Kelly, C., 2010, Orygen Youth health Research Centre and University of Melbourne. See [www.mhfa.com.au](http://www.mhfa.com.au) and <https://mhfa.com.au/shop/edition-4-standard-mhfa-manual-2017> for the 4th edition in 2017]

Mental Health First Aid is therefore not designed to provide treatment that is best provided by a health professional or emergency service. It is provided typically by someone who is not a trained health professional, but who is rather in the unwell person's workplace or social network and who may be working in a human service occupation.

### **Responding to a Need**

The usual action plan for administering Mental Health First Aid by a person trained in such first aid is [source: Mental Health First Aid Manual, *ibid*]:

- Approach the person concerned, assess and assist with any crisis;
- Listen non-judgmentally;
- Give support and information;
- Encourage the person to get appropriate professional help or if they do not understand the options then provide them with that information
- Encourage other supports such as support of family/friends, self-help strategies or supportive others who have experience mental health problems.

A mental health first aider does not provide a diagnosis and they do not provide psychotherapy or treatment in any other form.

All information provided to the Association in relation to a member's mental health is treated as private and confidential unless (a) that member requests that others are made aware of their circumstances, or (b) unless there is a risk of harm to self or others in which case the limits of confidentiality must be explained to the distressed member, and only information that is required may then be communicated to ensure the health and safety of the member concerned.

- When responding to a situation of need the Association will focus on the safety and wellbeing of those directly and indirectly involved in a discreet manner. All responses as listed above will reflect the Association's duty of care to members and visitors.
- Where concern is raised about a member's mental health and wellbeing they will be approached discreetly by a Welfare Officer, President or other Association official, to discuss the concerns observed in accord with the action plan above. In concert with the member, Association officials will determine how the Association may be able to best support that member, for example via the above action plan or via referral with consent to their GP or to mental health professionals or in emergencies via 000 or a crisis team (see below).
- Where applicable and appropriate the member is encouraged to contact a medical centre or health agency for advice, support and/or treatment.
- Where the Association is unsure of how to approach or how to manage mental health concerns or incidents, the Association will seek advice from professional mental health service providers.

### **Incident Management**

It is important in an incident that people remain calm, offer reassurance and support to those affected, and approach the situation in a thoughtful manner by applying their training.

In the case of a person behaving in an erratic or disturbed manner, Association members will alert a trained Association official (e.g. Welfare Officer, President) who will take charge of the situation.

The Association official will approach the person to talk calmly about what is happening and what help is required in accord with the action plan above.

- where deemed necessary the Association official will encourage the unwell person to contact a doctor, mental health service, police, a suicide helpline or 24-hour crisis line for advice and support. If necessary the Association official will explain to the unwell person that professional help is necessary and will be sought to ensure risk of harm to self or others is mitigated;
- they will explain to the person needing help the steps that are being taken to support them, by whom and in what way;
- they will contact the person's family/partner or significant other(s);

In the case of a person behaving in a violent manner, or threatening violence, including self-harm, the Association official in charge will immediately contact police for assistance, or other emergency/crisis services listed below. If it is safe to do so, the Association official will endeavour to calm and support the person and seek their co-operation.

### **In an emergency or crisis**

A mental health emergency or crisis may be defined as a situation in which there is immediate risk of harm to self or others e.g. the person experiencing a mental health crisis is at risk of harming others or themselves. In such a situation a support person must remain with the unwell person at all times provided it is safe to do so. The immediate procedure is then:

- **Contact 000 (or 112 mobile) Emergency Services**

In some cases (see Attachment 1) contact with a Mental Health Triage may be appropriate.

### **Policy Promotion**

The Association will promote the mental health and wellbeing policy regularly by:

- Putting a copy of the policy in Association newsletters and printed member/player information and on the MFTTA website.
- Promoting positive mental health messages through the Association's social media.
- Displaying a copy of the policy in the Association notice board and/or social room area.
- Periodic announcements to members at functions.

## Policy Review

This policy will be reviewed annually to ensure it remains relevant to Association operations and reflects both community expectations and legal requirements.

Next Board of Directors policy review date is December 2021.

## Mental Health Welfare Officers

The MFTTA Board of Directors has appointed David Griersmith (Secretary) and Sarah Grant as the Mental Health Welfare Officers (both with relevant qualifications and experience). The next points of contact are Max Coulthard (President), followed by the General Manager. These people can be contacted by telephone 03-5975 7601 or 0498 003 788 or email to mptta88@gmail.com.

## Mental Health and Related Support Numbers (VIC)

<b>EMERGENCY 000 or 112 (mobile)</b> e.g. if someone is at serious risk of harm/injury, or has tried to harm themselves or others, i.e. a life threatening emergency	
<b>Mental Health and Related Services</b>	
National Mental Health Helpline (operated by Mental Health Foundation Australia)	1300 643 287
SANE Helpline	1800 187 263
Beyond Blue – Depression & Anxiety	1300 224 636
Wellways	1300 111 500
Kids Helpline	1800 551 800
eheadspace (generally 12-25yrs age)	1800 650 890
ARAFEMI Carer Helpline (Association of Relatives & Friends of the Emotionally and Mentally ILL) 9-5 Mon-Fri	1300 550 265
Tandem Support and Referral Line (for people supporting a person with mental health issues)	1800 314 325
Nurse on call	1300 606 024
PaNDa (post/antenatal anxiety and depression)	1300 726 306
OCD and anxiety helpline	1300 269 438 or 9830 0533
Butterfly Foundation National helpline (for people with eating disorders and body image issues)	1800 334 673
Griefline (after 12 noon)	1300 845 745
<b>Suicide and Crisis</b>	

Lifeline	13 11 14
Suicide Line Victoria	1300 651 251
Samaritans (crisis support)	135 427
Suicide Call Back Service (people 15yrs and older)	1300 659 467
All Hours Suicide Support Service (AHS)	1800 859 585
1800RESPECT (national counselling and support service for people who have experienced, or are at risk of experiencing, sexual assault and/or domestic and family violence, including family and friends)	1800 737 732
<b>Family/Inclusion Services</b>	
Family Violence Counselling & Support	1800 608 122
Relationships Australia Cranbourne office (near Mornington)	(03) 5990 1900
Relationships Australia Central office	(03) 8573 2222
Family Relationship Advice Line	1800 050 321
WIRE Women's Support Line (free information, support and referral information for women, non-binary and gender-diverse people in Victoria)	1300 134 130
Rural Alive & Well (RAW)	1300 4357 6283
Parentline	132289
Open Arms (for veterans and their families)	1800 011 046
Mens Line	1300 789 978
Gay and Lesbian Switchboard (after 6pm)	9663 2939 or 1800 184 527
Qlife (for LGBTQI+ people) after 3pm 7 days	1800 184 527
Blue Knot Foundation Helpline (for adult survivors of childhood trauma and abuse) 9am-5pm 7 days	1300 657 380
Safe Steps (Family Violence Response Centre)	1800 015 188 or (03) 9928 9600
Sexual Assault Crisis Line	1800 806 292
<b>Domestic Violence and Sexual Assault</b>	
Family Violence Counselling & Support	1800 608 122
WIRE Women's Support Line	1300 134 130
Safe Steps (Family Violence Response Centre)	1800 015 188 or (03) 9928 9600
Sexual Assault Crisis Line	1800 806 292
1800RESPECT (national counselling and support service for people who have experienced, or are at risk of experiencing, sexual assault and/or domestic and family violence, including family and friends)	1800 737 732
The Orange Door in Bayside Peninsula	1800 319 353
<b>Child Abuse</b>	
Life threatening concerns re child abuse (e.g. if you believe a child is in immediate danger then under Victorian law you must report it to the Police)	000 Emergency or 112 on a mobile
After Hours Child Protection Emergency Service	131278

Child Protection reports South Division Intake which includes Frankston and Mornington Peninsula regions (business hrs M-Fri)	1300 655 795
Blue Knot Foundation Helpline (for adult survivors of childhood trauma and abuse) 9am-5pm 7 days	1300 657 380
<b>Alcohol &amp; Drug Services</b>	
Alcohol and Drug Information Services ADIS	1800 888 236
DrugInfo (Alcohol & Drug Foundation Info Line)	1300 858 584
DirectLine (people impacted by drug use)	1800 888 236
Family Drug Support Australia	1300 368 186
Family Drug Help	1300 660 068
YoDAA – Youth Drug and Alcohol Advice Service	1800 458 685
Narcotics Anonymous (Victoria)	(03) 9525 2833
Alcoholics Anonymous	1300 222 222
Gambling Helpline	1800 858 858
Quitline (Mon-Fri)	13 78 48

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detailed list of Victoria support numbers/contacts may be found at:

[https://aifs.gov.au/cfca/sites/default/files/publication-documents/1902\\_helplines\\_resource\\_sheet\\_victoria.pdf](https://aifs.gov.au/cfca/sites/default/files/publication-documents/1902_helplines_resource_sheet_victoria.pdf)

## Attachment 1: Mental Health Triage services

In the event of cases where it may not be an emergency/crisis then qualified people (e.g. health professionals) may contact Mental Health Triage if appropriate. If the person in distress consents then the MH Triage may be contacted by them or with them. If a crisis response is not required then follow-up with the person's GP and/or other community supports is also recommended.

The Mental Health Triage services most relevant to MPTTA are the "Peninsula" and "Dandenong" catchment areas for Victoria's mental health services. The maps and catchment area boundaries may be found at <http://www.health.vic.gov.au/mentalhealthservices/adult/index.htm>

Contact details for these Mental Health Triages are:

(a) For Mornington Peninsula area: Peninsula Health Mental Health Triage may be contacted on 1300 792 977 7 days a week. They may then notify the Crisis and Assessment Treatment Team (CATT) to provide an initial mental health assessment and referrals as needed. This team is there to provide immediate help during a mental health crisis. The team can provide a service to a designated hospital emergency department (ED) through an onsite presence. For MFTTA the main appropriate health service is Peninsula Health for which EDs are at Frankston Hospital and Rosebud Hospital. The Frankston Hospital ED is at Frankston Hospital Emergency Department is located in Building A on Level 1. Access is via Gate 2 Hastings Road. Details of the Peninsula Health Mental Health Triage may be found at <https://www.peninsulahealth.org.au/services/services-f-m/mental-health-service/adult->

[mental-health/](#). Note that Peninsula Health covers mainly the western/Bayside Frankston area plus the entire Mornington Peninsula catchment area.

(b) For the general Frankston/Dandenong area: In the event that a person associated with MFTTA has a mental health crisis and they live in the general Frankston/Dandenong area (e.g. Pearcedale, Tooradin, Langwarrin, Carrum Downs, Cranbourne, Casey, Patterson Lakes, Beaconsfield, Dandenong) then the Monash Health Psychiatric Triage Service may be contacted on 1300 369 012. Once again this triage service may involve the CATT (Crisis Assessment and Treatment Team) which provides community-based and 24-hour emergency department-based assessment and treatment of mental illness, and can organise access for assistance via appropriate mental health units at Monash Medical Centre Clayton, Dandenong Hospital and Casey Hospital.