Red Hill Football Netball Club Wellbeing Program 2026



MISSION

To make wellbeing support and education available primarily to all players and coaches but also to others involved with our Club.

FACTS

- One in five Australians aged 16 to 85 will experience a mental health condition in any given year.
- One million Australians live with depression and two million live with anxiety.
- Over 50% of affected people do not access any help.
- Suicide is the leading cause of death for Australians aged between 15 and 44.
- Lack of education and employment opportunities, drug and alcohol dependency, gambling, financial pressures, personal relationships and health and, nutritional issues often lead to anxiety and depression especially in young people and may exacerbate mental health concerns.

FOUR FOUNDATIONS

1. Support
2. Education
3. Club Commitment
4. Players

FOUNDATION 1: SUPPORT

A trusted Wellbeing Officer has been appointed to oversee the program. The Wellbeing Officer will be assisted by two Wellbeing Ambassadors from each of the men's teams, women's team and netball teams (see Appendix A) and will also be assisted by the players leadership groups where appropriate.

The team's Wellbeing Ambassadors will undertake appropriate training to assist them in performing their roles.

The team's Wellbeing Ambassadors will refer those seeking help to a suitably qualified person or organisation that will be able to give advice and/or counseling. The Wellbeing Officer and Wellbeing Ambassadors will not provide counselling. Areas being supported may include employment and education, drugs and alcohol, anxiety and depression, gambling, financial matters, personal relationships, health & nutrition, etc.

The role of the program is to assist by providing a supportive and confidential environment to discuss or seek information to support those requiring help. Key principles are:

1. To be confidential (unless the issue could cause harm to self or others)
2. To be non judgemental
3. Offer support and listening
4. Referral to qualified health personnel

The Wellbeing Officer, Wellbeing Ambassadors and Coaches will adhere to the State Government and RHFNC Child Safe Policy. Working with Children Checks will be required. This demonstrates our commitment to the safety, wellbeing and best interests of children and young people and to creating a child safe environment.

It is acknowledged that the Wellbeing Officer and Wellbeing ambassadors are not experts or qualified welfare officers. The Club will engage with mental health and wellbeing services who are suitably accredited. Appendix B contains a list of accredited services. The Club will endeavor to involve these accredited personnel at the Club throughout the year to

improve familiarity and trust within the playing group.

FOUNDATION 2: EDUCATION

The Club aims to educate and raise awareness in many areas, including: depression and anxiety, drugs and alcohol, LGBTIQ acceptance, racism, gambling, gender equality, Child Safety issues.

The following mediums will be used to educate:

- Online through Club social media page
- Face to Face Keynote Speakers
- Peer to peer support programs

Limited educational sessions each year are recommended to avoid fatigue and for maximum impact. Sessions will be delivered by suitably qualified people.

Education will raise awareness to recognize early signs, understand the support available and activate early intervention.

FOUNDATION 3: CLUB COMMITMENT

RHFNC, President and Committee have committed to provide support for the program.

The Committee will agree to a suitable budget to support the Wellbeing Program by way of educational initiatives, keynote speakers, and initiatives and funding for emergency situations.

The “Coach’s Club” and other key supporters will contribute resources towards educational and employment opportunities and mentoring - including for those areas listed in Appendix C.

RHFNC Coaches will play an important role in the support function of players. A traffic light program will be implemented by the Wellbeing Officer. A green, orange or red system will inform coaches of player sensitivities and protect confidentiality.

FOUNDATION 4: PLAYERS

The attached player code of conduct has been developed by the players with the assistance of the Wellbeing Officer. The attached summary identifies the core club values which are reinforced by the leadership groups

APPENDIX A

2026 Nominated Roles

Wellbeing Officer

Harry Wynn-Pope harry.wynnpope@redhillfnc.com.au
0400 504 032

Netball Ambassadors

Lisa Galvin lisajgalvin@gmail.com 0408 832 728

Women's Football Ambassadors

Greg Armstrong womens.football @redhillfnc.com.au
0408 449 168
Paris Hourn parisjhourn@gmail.com 0468 425 243

Men's Football Ambassadors

Chris Irving cristopherirving@y7mail.com 0423 464 227
Marcus Dal Lago marcusdallago@gmail.com 0413 543 993

APPENDIX B

Crisis & Support Services Mornington Peninsula

MENTAL HEALTH SERVICES

CRISIS

Peninsula Health Mental Health Triage (Crisis Assistance) – Frankston & Mornington Peninsula
1300 792 977

Southern Health Mental Health Triage (Crisis Assistance) – South Eastern suburbs
1300 369 012

ON-LINE SUPPORT

Lifeline
www.lifeline.org.au
13 11 44

Beyondblue
www.beyondblue.org.au
1300 224 636 (24 hours/7days)

Suicide Line Victoria
www.suicideline.org.au
1300 651 251 (24 hours/7days)

Suicide Call Back
www.suicidecallbackservice.org.au
1300 659 467 (24 hours/7days)

Kids Helpline
www.kidshelp.com.au
1800 55 1800 (24 hours/7days)

SUPPORT SERVICES

Headspace – Frankston (Youth support)
www.headspace.org.au/headspace-centres/frankston
03 9769 6419

Peninsula Health Community Health – Counselling
www.peninsulahealth.org.au/services

Private Psychologist
(Referral via your GP)
Australian Psychological Society (APS) home-page - search 'Find a Psychologist' for your area

ALCOHOL AND DRUG SERVICES

Stepping Up – Frankston & Mornington Peninsula
www.stepping-up.org.au
1800 828 466

Frankston & Mornington Peninsula Drug & Alcohol Service (FamDAS)
Peninsula Health Community Health
www.peninsulahealth.org.au
1300 665 781

FAMILY VIOLENCE SERVICES

CRISIS

Safesteps
https://www.safesteps.org.au
1800 015 188 (24 hours/7 days)

Men's Referral Service
https://Mrs.org.au
1300 766 491

Men's Line
https://mensline.org.au
1300 789 978

Police for emergency response

SUPPORT SERVICES

Orange Door
www.orangedoor.vic.gov.au
1800 319 353

Good Shepherd Family Support Service
www.goodshepvic.org.au
5971 9444

The South Eastern Centre Against Sexual Assault (SECASA)
www.secasa.com.au
9594 2289

OTHER SERVICES

YSAS Youth Support Advocacy Service
http://www.ysas.org.au
1800 458 685

VAACA Aboriginal Children & Family support
http://www.vacca.org
Frankston 8796 0700

Mornington Shire Youth Services
www.mpys.com.au/contact
1300 850 600

Minus18 LGBTIQ youth
www.minus18.org.au
9769 6419

Salvocare
1800 825 95
9781 0188 (Youth Services)

Gambler's Help
www.gamblershelpsouthern.org.au
1800 858 858 (24 hours)

APPENDIX C

Areas for Educational, Employment & Mentoring opportunities

Accounting
Agriculture
Architecture
Building Supplies
Business
Career options
Carpentry
Catering
Child Care
Dentistry
Electrical
Fashion
Financial Planning
Fitness
Food service
Graphic Design
Hardware
Horticulture
Human Resources
Law
Marketing
Media
Medical services
Pharmacy
Plumbing
Property Development
Property Investment
Real Estate
Restaurant / Hospitality
Teaching
Retail
Teaching, primary & secondary
Veterinary
Viticulture