

Coach the Coach

“Don’t Wait - Talk to a Mate”



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Coach the Coach, a new sports program to raise awareness of depression and promote good mental health and well-being was launched by The Hon. Lisa Neville - Minister for Mental Health, Minister for Children and Minister for Aged Care in Shepparton on 9th May, 12.30 pm at Eastbank.

The program launch was supported by the City of Greater Shepparton with Mayor Jenny Houlihan attending.

The *Coach the Coach* program will reach the highest-risk demographic for suicide and depression in Australia – young rural men aged 15-30 years.

In the Goulburn Valley Football League, 8 of the 12 teams have experienced the suicide of a player with 2 experiencing multiple suicides in the past 5 years. There is clearly a defined need for a program such as CTC. To support this GVFC points out the following information:

David Williams – Rochester Tigers Coach & Former Melbourne FC player. “I have been both a coach and a professional footballer – and this issue is one that has a personal significance for me. My team and I have been impacted by the suicide of two players at the Rochester Tigers Football Club. A program that aims to target mental health and suicide is critical for this region. I will personally be involved with this program and am looking forward to working with GVFC to save lives”

All the clubs have completed their Mental Health First Aid training, a 12 hour course designed to assist coaches to recognise the signs of depression, providing them with the skills to approach players and encourage them to seek help.

The *Coach the Coach* program is an initiative of local community organisation FamilyCare. The program will be based in Shepparton and piloted with the Goulburn Valley Football League, spanning the regions between Echuca, Seymour, Mansfield and Rochester.

The pilot is currently being evaluated by the University of Melbourne’s School of Rural Health, based in Shepparton and the evaluation of the program will be funded by *beyondblue: the national depression initiative*.

For more information contact David Mellington, Project Co-ordinator on:
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The Hon. Lisa Neville



From Left to Right:
Jenny Houlihan, Sue Medson & Caroline Hogg



Caroline Hogg – Board Member for beyondblue