

## MEDIA RELEASE

**28 AUGUST 2018**

### **HEADSPACE DARWIN AND AFLNT LAUNCH PILOT PROGRAM**

A collaboration between headspace Darwin and AFLNT will see the introduction of a **Wellbeing Champions** pilot program this NTFL season, bringing the wellbeing of players to the forefront.

Wellbeing Champions will be club members who are able to support their team mates, volunteers and community members to have conversations around mental health and personal wellbeing. They will be passionate about promoting change, increasing awareness and reducing the stigma that can prevent players from seeking help.

“By getting involved in the program, Wellbeing Champions will provide a safe and approachable contact for players, volunteers and community members,” said Jade Gooding, Anglicare NT Executive Manager of Mental Health.

“They will present to clubs on mental health and wellbeing, encourage help-seeking behaviours and help others understand referral pathways for local allied health professionals.”

A male and female from each of the eight NTFL Premier League football clubs will be trained and fully supported by headspace Darwin. Training will focus on self-care, confidentiality and referral pathways; and will also include a Mental Health First Aid course.

AFLNT’s Wellbeing Coach Belinda Creer said the program and the volunteers will be an important asset to clubs and their members.

“We are very fortunate to have developed this unique partnership with headspace Darwin providing professional support and training for our volunteers. The success of the pilot program this season will pave the way for a future where Wellbeing Champions are not only integral roles within all AFLNT Affiliated Clubs but hopefully all sports.”

Interested players can get involved by contacting their club president or completing the application form which can be found on the [AFLNT website](#).

#### **FOR COMMENTS OR INTERVIEWS**

To arrange interviews with Anglicare NT Executive Manager Mental Health, Jade Gooding, please contact Anglicare NT Communications at [communications@anglicare-nt.org.au](mailto:communications@anglicare-nt.org.au)

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