

# PEOPLE BEFORE PLAYERS PROGRAM

Presented By *Speak & Share*



The Speak & Share 'People Before Players' program has been carefully designed with input from mental health professionals to elevate your sporting clubs' culture by increasing meaningful connections and normalising the conversations around mental health in a safe, judgement free and inclusive environment.

**This is where our 'People Before Players Program' is changing lives.**

Developed with input from mental health professionals and aimed at players 14+, our **People Before Players Program** focuses on a number of key themes;

- **It incorporates everyday language**
- **It encourages meaningful connection with teammates**
- **It normalises the conversations around mental health**
- **It encourages and celebrates vulnerability**
- **It supports and elevates your sporting club culture**

**In 2023 we delivered our sporting club program to more than 750 sporting club players.**

We are creating a movement where **'a problem shared is a problem halved'**.

Where it's a celebrated behaviour to always be checking in with our mates. Post pandemic, the need to re-connect our community and re-calibrate the perception of mental health has never been more important.

## Statistics from Beyond Blue

Over 75% of mental health problems occur before the age of 25

Half of all the mental health conditions we experience at some point in our lives will have started by age 14

Only 31% of young women and 13% of young men with mental health problems had sought any professional help

Suicide continues to be the leading cause of death for young Australians

## Program Feedback

"Speak & Share's group presentation to our playing group was an outstanding success. The presentation was conducted in a way that connected well with our playing group, through the sharing of their own stories and normalising the discussion around mental health. As a football club, we couldn't recommend Speak & Share high enough to help normalise the discussion around mental health throughout our community."

*Football Manager at the Weribee Football Club VFL*

"Being there and listening to you guys gave me the courage to book an appointment with my GP for a mental health check. It gave me perspective to go ahead and know that I'm not ok. So, thank you."

*Program Participant*

"Having the Speak & Share boys come down and talk to the group was one of the better things the cricket club has been involved in. The boys found it comforting to know they had a room full of people who were willing to listen to their stories and support them with anything they needed."

*Program Participant*



Some of the sporting clubs we presented to in 2023