



## WHAT IS AHEAD OF THE GAME?

- »» Ahead of the Game uses sport to teach young athletes, parents and coaches how to talk about mental health.
- »» The program reviews how to recognise mental health issues, what to do, and when to get help.

## WHAT WOULD YOUR CLUB RECEIVE?

- »» Your club would receive **one of two** programs:
  - »» Workshops designed for adolescents, parents and coaches.
  - »» Informational materials to display around the club and for adolescents
- »» **OR** ««
- »» Informational materials to display around the club and for adolescents

## WHAT WOULD IT REQUIRE FROM YOUR CLUB?

- »» Nominating a liaison to work with our project team
- »» Assisting with recruiting adolescents, coaches, and parents to complete a series of questionnaires

## HOW TO GET INVOLVED?

- »» Give us a call - 02 4221 5268
- »» Send us an email - [mshweic@uow.edu.au](mailto:mshweic@uow.edu.au)
- »» Visit our website - [www.aheadofthegame.org.au](http://www.aheadofthegame.org.au)