



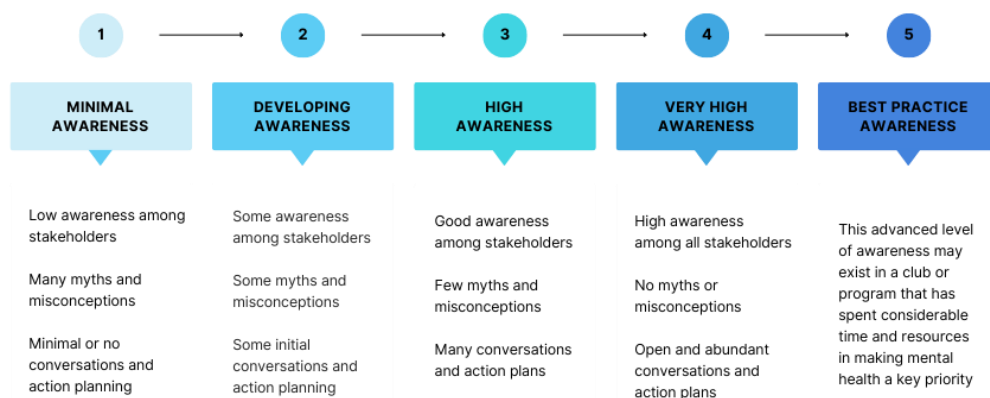
PILLAR 1. AWARENESS AND AMBASSADORS - INTRODUCTION

Any important shift in culture in an organization requires awareness of the core issues at hand. Creating a sport community with better support for mental health and wellness must start by ensuring that there is a common understanding - or **“mental health literacy”** - among community members. Awareness of mental health is the beginning of this journey – and by including strategies and key messages from this section of the toolkit, you can ensure that you are creating a solid foundation on which you can continue to build in years to come.

Enhancing Awareness in Your Program

Every organization will have a unique profile. Your club or program leadership can reflect on the current level of mental health awareness and understanding in your environment. Use the table below to start the conversation about where you think your level of mental health awareness is and then help guide you in how much work in building awareness needs to be done.

Mental Health Awareness in Your Club or Program



Once a level of awareness has been identified, you can begin to explore the types of activities and strategies that might help raise awareness and increase knowledge. A ranking of “minimal awareness” will have more activities and events that cater to basic introduction and opening minds. However, if you have a club or program with “high” or “very high” awareness, you may want to focus on maintenance of an already strong mental health literacy level. One thing to note is that organisations can be made up of different groups - you may have “high” awareness at a leadership level, for example, but new members may not have such a strong understanding and awareness of mental health.

Tools and Templates in this Pillar

- 1.1 Key messages on Mental Health
- 1.2 Activities to Enhance Awareness of Mental Health in Your Volleyball Club
- 1.3 Assembling a Team of Mental Health Ambassadors