



Bendigo Basketball Association Inc.

Bendigo Junior Braves

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The Bendigo Junior Braves is always available to assist players and staff in both on court and off court matters.

With most Australian's directly or indirectly touched by the impact of mental illness at some point in their lives, and the BBA have a Mental Health Policy.

Mental illness is common, with 3% of the population experiencing severe mental illness and up to 45% experiencing mental illness at some time in their lives.

The impact of this can be profound for both the individual and those close to them, including but not limited to their families, team mates, coaches and friends. As mental health problems first often appear in adolescence or early adulthood, and can cause disruption to school, work and family/friendship relationships, there is a responsibility by the BBA and the Bendigo Junior Braves to ensure the wellbeing of the athletes and those involved in the programs.

The Bendigo Junior Braves, through the BBA, will proactively support positive mental health promotion in individuals, and in its program through supportive strategies which will;

- provide opportunities for individuals to be socially, mentally and physically active
- encourage individuals to actively participate in BBA activities
- aim to reduce or remove economic or social barriers to participation within the organisation
- encourage participants, volunteers and organisers to treat all groups in the organisation and in the community in general with respect, equality and openness.
- acknowledge the rights and responsibilities of persons in its programs with mental health problems will be acknowledged and respected
- support the de-stigmatisation associated with mental illness
- acknowledge there is a responsibility to promote positive reforms that facilitate participation and inclusion
- have available a list of service providers in the area that are available for use and have these available at the request of any player, parent, Team Manager or persons associated with the Bendigo Junior Braves program

Any persons who believe a Bendigo Junior Braves athlete is experiencing mental health issues, are encouraged to contact the Junior Development Coordinator or the Team Manager Liaison who will keep the matter confidential.

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Team Manager Liaison
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