

# MHeLP

## Manager and Sport Leaders Guide



Welcome to the Take Charge Mental Health eLearning Program (MHeLP).  
[belgraviafoundation.org.au](http://belgraviafoundation.org.au)

# Celebrating our partners



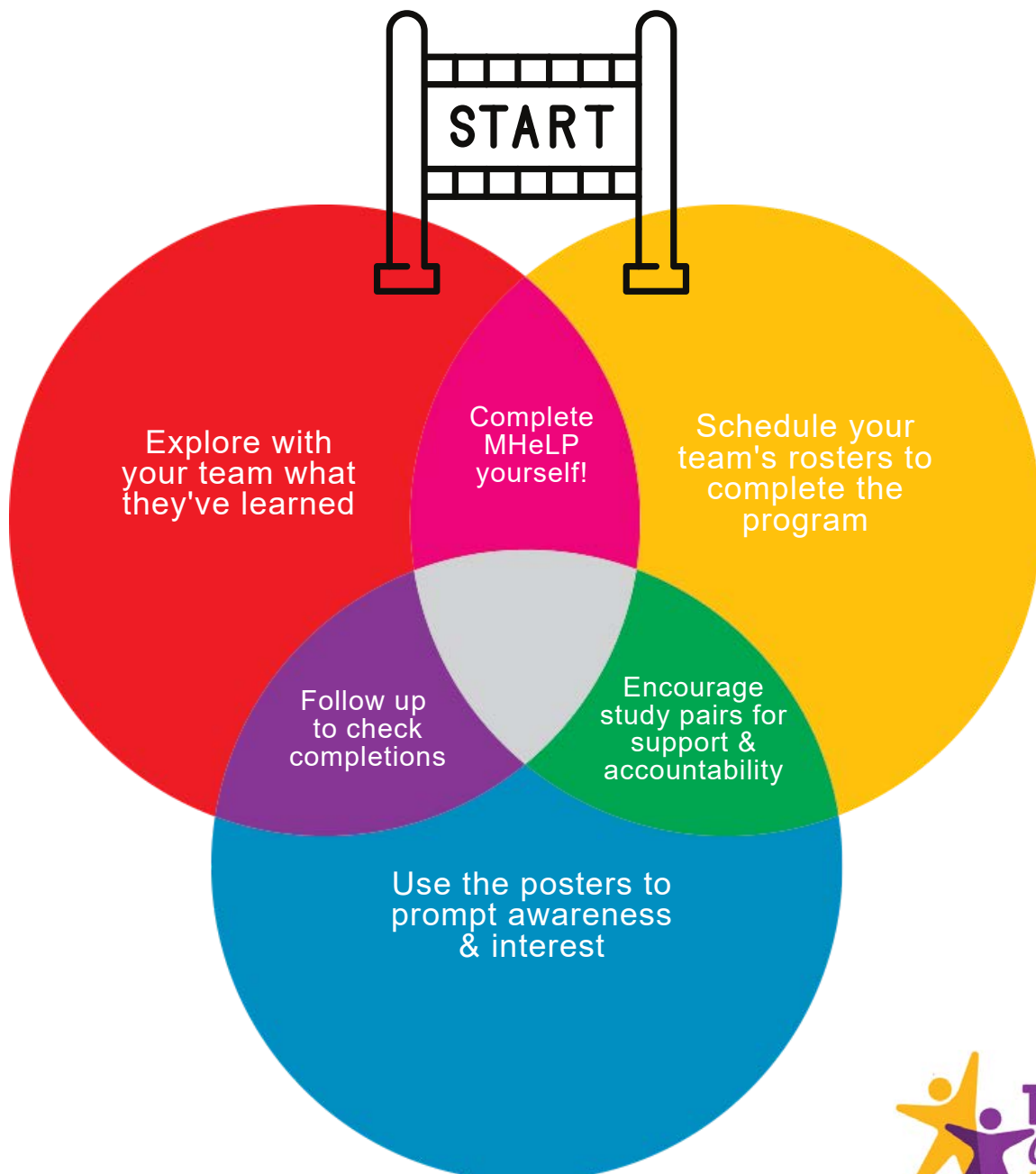
MHeLP wouldn't be possible without support of our wonderful program partners and their commitment to the idea that mental health is everyone's business.



# Your Role



Thanks for supporting the rollout of MHeLP with your team. Start by completing the course yourself first as it will give you all you need to know, then follow the sign clockwise for our success tips. The posters are at the end of this guide.





# MHeLP

# Posters



As promised, we have for you a series of back of house posters to help support the rollout of MHeLP, encouraging awareness and conversation around mental health and the program itself.

They're ready to print directly from this guide in an A4 size.

Use them in any combination you like, in staff or team change rooms, lounges, lunch rooms, club rooms and offices.

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## Poster list

1. Mental health matters
2. It's ok if sometimes you fall apart, tacos fall apart and we still love them
3. Health isn't just about what you eat, it's what you think and feel too
4. Exercise keeps you occupied, which can be great for your mental health
5. You spend most of your life inside your head. Make it a nice place to be
6. There is no health without mental health

Mental illness doesn't discriminate - portraits x 5

People who need help can look a lot like people who don't - portraits x 5

Educational benefits posters x 3

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