

2025 Think Mental Health Round – Country Football WA

In 2019, Country Football WA partnered with Healthway to promote the Think Mental Health campaign and key messages. A key initiative within this partnership is to engage all country clubs and communities in the **Think Mental Health Round**.

Country Football clubs are central to community mental health and wellbeing. For a lot of communities, their local club is the central point of connection, and where there is a strong sense of purpose and sense of belonging, they the perfect vehicle to have the mental health conversation.

Think Mental Health partnership key messages are;

- ...before it all gets too much...Talk to a Mate®
- Talking and listening are powerful; and
- Mental health issues can affect anyone. It may be difficult at first but talking can help.

This round aligns with Men's Health Week (June 9th –15th 2025), which is a dedicated week that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and managing health issues proactively. Men's Health Week encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed.

Although the primary target audience for this week is males, Think Mental Health Round places a focus on females, children, and young people. Activities and initiatives surrounding Think Mental Health Round will further connect community members to their football clubs, with clubs providing a diverse range of activities and links to support services that can be easily accessed by all.

Where to find additional supports:



The Mental Health Commission recently developed the [My Services online directory](#) to help make it easier for community members to find mental health and alcohol and other drug support services in your area. My Services includes information on more than 1,500 mental health, alcohol and other drug services. You can access the support tool via the QR code.

Finally, CFWA would like to thank all Leagues, Clubs, and volunteers for the role you play to create, promote and drive health and wellbeing within sports clubs and communities. For more information on the campaign or for support, please visit <https://www.thinkmentalhealthwa.com.au/>.