

# Stay ChatTY SPORTS PROGRAM

2018 review



3 North West  
8 North  
22 South

We delivered  
**33** sessions  
around the state.

We spoke to **435** athletes from  
**33** teams in **8** different sports.



Basketball 24%



AFL 24%



Cricket 21%



Netball 12%



Gym Studios 6%



Gymnastics 6%



Rugby 3%



Hockey 3%

## ATHLETES FELT MORE CONFIDENT HELPING A FRIEND

Before the session

After the session

**15%** said they knew  
a lot about  
helping a friend.

**74%** said they knew  
a lot about  
helping a friend.

**95%** of participants said they felt  
more comfortable talking about  
mental health after the session.

“  
REALLY USEFUL –  
GREAT LINKS TO  
CLUB CULTURE.  
”

“  
HIGHLY RELEVANT  
AND INFORMATIVE.  
WELL DELIVERED.  
”

“  
BEFORE THE SESSION, I WAS SUBCONSCIOUSLY  
AWARE OF THE SIGNS OF MENTAL HEALTH  
ISSUES. NOW, I KNOW TO TAKE ACTION  
WHEN YOU SEE THESE SIGNS, RATHER THAN  
NOT PAYING ATTENTION TO THEM.  
”

Visit [www.staychatty.com.au/sportsprogram](http://www.staychatty.com.au/sportsprogram)  
to read the full report



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