



Association of Heads of Independent Girls' Schools NSW Inc.
 ABN 81 660 358 175

AHIGS/IGSSA present
“Discussing mental health with the student athlete”

Date: 27 October 2020 - 7:30pm-8.30pm
Venue: Via Zoom
Hosts: Vicki Fitzgerald (AHIGS), Carrie Leeson (CEO Lifeline ACT) and Nick Smith (Media & Communications Professional, Secondary Teacher)
Participants An open invitation to the IGSSA Community

Objectives:

1. Share mental health challenges in the sporting context of the current COVID-19 pandemic
2. Discuss ideas to support schools, students and parents during the COVID-19 pandemic
3. Strategies to manage the psychological consequences of the COVID-19 pandemic

Topic / Discussion Leader	Discussion Points	Timing
Welcome & Introductions Vicki / Carrie / All	<ul style="list-style-type: none"> ▪ Meeting: purpose and agenda ▪ Short introductions 	5 mins
Q & A: Led by Nick Smith with Carrie	<ul style="list-style-type: none"> ▪ Mental health concerns that have risen to the forefront during the pandemic ▪ Identifying issues that may be relevant to adolescents ▪ Talking about mental health issues to adolescents 	20 mins
Q & A: Led by Nick Smith with Carrie	<ul style="list-style-type: none"> ▪ Practical examples: strategies and actions related to Missed opportunities High pressure environments The absence of routine The feeling of isolation 	20 mins
Next Steps and Close All	Once all areas and participants questions have been addressed – resources will be shared with additional information of places to seek support	5 mins



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