



UC Capitals

The University of Canberra Capitals are the ACT's most successful sporting team, having won nine championships in the Women's National Basketball League (WNBL) since the club was founded in 1984.

While physical wellness is essential in professional sport, so is mental wellbeing. The UC Capitals endeavour to create a safe and inclusive space where discussions around mental health are normalised through our partner Life Unlimited. They proactively offer wellbeing support and services to players, coaches and staff members.

Three UC Capitals players spoke to us about why being Mental Health Month Supporters and what they do to maintain their mental wellbeing.



Jade Melbourne (*Guard, going into her third season with the team*)

Mental health is such an important subject, and we need to spend more time talking about it in sport and other high-performance areas. Athletes, like most other people, often feel like they have to force a brave face. If I can help make a small difference by sharing what I do or having a conversation with someone who just needs to chat, that makes me excited.

I keep mentally healthy by ensuring I make time for the things I like to do away from the court. I've recently started getting into cooking, which I really enjoy, and also hanging out with my friends.

Bec Pizzey (*Power Forward, starting her first season with the team*)

I think that mental health is extremely important and needs to be advocated for. Almost everyone has experience with a mental health issue, whether firsthand or through a close friend or family. I'm excited to learn people's stories and be an advocate for helping people to be the best version of themselves possible.

An important part of my mental wellbeing is making sure I prioritise my own needs. I enjoy walking, baking, bike riding, getting good amounts of sleep, and spending time with people who are good for me, like family and friends.

Emilee Whittle-Harmon (*Post Player, starting her first season with the team*)

I think it's important to be vulnerable and have conversations about mental health and wellbeing so that other people know they aren't alone in their mental health struggles.

To maintain my mental wellbeing, I check in with myself and try to be self-aware so I can identify the signs that I'm starting to feel run down, burnt out, or just low.

When I start to feel that way, I make time to do some of my favourite things. Sometimes that's going to the beach, going for a hike, staying in bed to binge-watch shows, or taking myself out for brunch. I try to reserve at least one day a week as a 'recharge' day.

I also am very lucky to have a partner who I can always communicate with on how I'm feeling. Sometimes it can immediately make you feel at least a little better to just talk!