



Club Name:

Club Mental Health Action Plan: Sample

Objectives:

1. Raise Awareness of mental health to _____ members in the club through club communication and resources.
2. Train _____ coaches/leaders in Mental Health/Resilience related courses.
3. Raise the levels of resilience within the club for _____ members.
4. Run _____ dedicated awareness programmes to engage and reinforce mental wellbeing messages and explore social issues such as drugs/alcohol that negatively impact on mental health.

Action	Description	Time scale	What success looks like?	Key Driver (links)	Cost (if known)
1	Pass a mental wellbeing policy		Policy passed and adopted within club governance. Policy communicated to coaches, players/wider sporting community e.g. parents and community	Club committee	FREE
2	Contact ALL local mental health and local support services within your area about linking in with the club. (Support Attachment) Local support services can include: <ul style="list-style-type: none"> • Mental Health Groups 		Introduce the club and the commitment to raise awareness Invite the group to meet committee and tell your club about their services – get to know key people (Humanises the organisation – friendly face)	Club committee Local <ul style="list-style-type: none"> • Mental Health Groups • Drug & Alcohol 	FREE
	<ul style="list-style-type: none"> • Drugs and Alcohol Groups • Employment & Learning Centres • Community Centres/Groups <p>There could be a number of ways you can link in – know what is on your doorstep</p>		Get information from them e.g. flyers etc which you can make available to your members	Services <ul style="list-style-type: none"> • Gambling Services 	

3	<p>Through social media and club communications distribute links/mental health and wellbeing information to members.</p> <p>Back campaigns</p>		<p>Club are in a position to signpost to services and make information available.</p> <p>Support campaigns such as #itsoktotalk – great way to raise awareness and send out positive message</p>	Club committee	FREE
4	<p>Deliver a mental health talk to members/coaches.</p> <p>(Note that other services can offer FREE talks about issues they are focused on e.g. healthy eating, drugs, gambling – a number of groups have contracts they can deliver for FREE to groups)</p>		Local mental health group can come in and talk about services and support available (short one hour overview and clear message of available support)	<p>Coaches/Volunteers</p> <p>Local support groups</p> <p>Committee</p>	FREE
5	<p>_____ Members to attend Mental Health Training:</p> <p>Mental Health First Aid</p> <p>Assist</p> <p>Safe Talk</p> <p>Mental Wealth games (note there are others – contact “Support” group contacts to see what they can offer.</p>		% of members trained in Mental Health Awareness – decide what is best for your club – Mental Health First Aid/ASSIST – two full days; Safe-Talk and other courses 3 hours – within your capacity what can coaches/volunteers commit to.	<p>Committee</p> <p>Coaches/Volunteers</p>	<p>Groups have contracts – others may have cost</p> <p>Places made available for MHFA and Safe talk</p>
6	Create and distribute Club Customised Resources (proven to be effective for clubs) to members – TAMHI can create or support groups with templates to create (the toolkit has a number which cover key social issues)		<p>% of information distributed</p> <p>% of positive responses regarding pre/post understanding of identified issue</p>	<p>TAMHI</p> <p>Committee</p> <p>Coaches/volunteers/players</p>	FREE Design – Club Print Costs

			This toolkit has a number of Factsheets which can be adopted and distributed.		
7	Create club keyrings and wristbands for members		Based on successful project were 5000 keyrings and 1000 wristbands were created and distributed to clubs in West Belfast and Shankill North Belfast– effective “wearable awareness” with key mental health support numbers and club logos which created connection with material (longer life span than flyers)	TAMHI (support) Club	Design FREE £30 artwork set up 50p wristband 50p keyring X Members
8	Design and deliver a dedicated club mental health awareness day. Invite local support groups to come along		A dedicated sporting event/tournament were the focus is raising awareness of mental health within the club and the club community e.g. parents, spectators etc Great way of getting big numbers and getting information out to lots of people and its fun and engaging	Club members Local support groups	Vary – TAMHI estimate £500
9	Jr clubs: Set up a dedicated youth programme (TAMHI delivers Resilient Active Youth)		Young Leaders are trained up to deliver sport and resilience programmes to their peers and receive a Youth Leadership & Resilience accredited qualification e.g. they run summer Programmes	Club Young Leaders	TBC – possible grant aid
10	Review and deliver key elements of the Take 5 for Wellbeing Toolkit (support the Positive Mental Health element of this toolkit)		Belfast Strategic Partnership have created a Take 5 for Wellbeing Toolkit. Working through this toolkit will create opportunities to promote positive mental health and wellbeing.	Club Leaders /Committee	TBC – possible grant aid

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Contacts

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