



_____ (Club Name) recognises that mental health is as important as physical health and accepts that, on average, one in five people will experience a mental health difficulty in the course of a year and one in 10 young people (if applicable) and that such problems can cause real and lasting damage, both to the individual and to the persons family and sport family. The Club also recognises that the majority of people who experience mental health difficulties or who are facing personal challenges that can impact on mental health can get over them or learn to live with them especially if they are supported early on.

This Policy applies to members, volunteers and coaches and aims to ensure that everyone feels supported in the club environment.

Mental Health is:

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Wellbeing:

Wellbeing is about feeling good and functioning well and includes the individual's experience of their life; this includes feelings of contentment, enjoyment, and engagement with the world, all part of wellbeing.

Mental illness

Mental illness refers to a range of mental health conditions that can affect mood, thinking and behaviour. Examples include Depression, anxiety and schizophrenia.

Policy statement

It is the policy of **our club** to:

- a. Set up a Wellbeing Committee of a quota of 2-3 members of the club and link into local support group/area mental health contact: _____. We accept that putting the onus of responsibility on one individual in regards to mental health and wellbeing can be challenging and that a proper support structure is required.
- b. promote mental health and wellbeing through its management policies, support services, information networks and regular health promotion campaigns (including alcohol awareness, diet, exercise, self-management, suicide awareness), and by liaising appropriately with external agencies;
- c. prevent, so far as is practicable, those circumstances detrimental to mental health and wellbeing;

- d. Provide an environment in which members who have mental health difficulties or are facing personal challenges that may affect mental health receive suitable support and adjustments to allow them to achieve their fullest potential.

Responsibility of Coaches/Volunteers/Committee

Coaches/Volunteers/Committee Members are expected to:

- maintain a non-stigmatising, supportive community.
- treat each member with a mental ill health difficulty as an individual, not a problem or a condition.
- take advantage of training and information sources.
- uphold confidentiality (wherever safety is not at risk).
- recognise the limits to what they can do.
- ensure relevant partnerships are in place with community partners responsible for mental wellbeing so that the club is in a position to support people to access community support services.
- Promote an ethos of **TALK ABOUT MENTAL HEALTH ISSUES**

Our club recognises that where individuals help a member experiencing mental health difficulties, each person has boundaries or limits to his/her knowledge, responsibilities and competence, and that these boundaries must be respected. The club will provide for its coaches/volunteers/committee suitable advice and training on:

- identifying mental health difficulties and making initial responses to individuals;
- recognising the need to refer an individual to support services;
- accessing the Clubs support services;

Responsibility of members

- Encourage the establishment and maintenance of a non-stigmatising, supportive community.
- Recognise the limits to what they can do.
- Refer to support and advice services within the Club when assistance is required.
- Inform the club of difficulties that may be affecting their mental wellbeing, in order that the club can deal fairly with them and support them where appropriate.
- Buy into the ethos of **TALKING ABOUT MENTAL HEALTH ISSUES**

Date Adopted: _____

Signed Chair: _____

Supporting a player with potential mental health issue

