



SPORTS

Suicide Prevention Offering Recovery Through Sport

Membership Declaration

Club Name: _____

In signing this declaration we, the above named Club, sign-up as a member of the Suicide Prevention Offering Recovery Through Sport (SPORTS) initiative and commit to undertake the following:

1. Sign-up to the Mental Health Charter for Sport and Recreation, which includes a commitment to:
 - a. Use your sport to promote good mental health and well-being.
 - b. Adopt good mental health policies and best practices.
 - c. Appoint ambassadors and role models.
 - d. Tackle discrimination on the grounds of mental health.
2. Be open to providing your services and facilities to those with Mental Health issues where involvement in your sport can help their recovery.
3. Send appointed Club Members to attend recommended training, in particular, coaches/leaders.
4. Provide information to your members to raise awareness of Mental Health Issues and contact details for support for those who need it.
5. Be an active participant in the SPORTS forum to share best Mental Health practices to improve the mental well-being of our club members and local communities.
6. Use the SPORTS logo within your Club and on social media to raise awareness and help break the stigma of Mental Health issues.

In return, we at SPORTS will commit the following to you:

1. Provide you with a template Mental Health policy to implement at your Club.
2. Provide you with an action plan and advice as you step through your journey towards better Mental Health practices.
3. Provide you with educational and support information to provide to your Club members.
4. Share with you contact details for local Mental Health Agencies for you to refer those in need of support to.
5. Invite you to regular expert-led independent Mental Health training courses.
6. Invite you to quarterly SPORTS forum meetings to discuss and share Mental Health best practices for improving and supporting our local communities.

Please provide contact details below:

Name: _____

Name: _____

Position: _____

Position: _____

Tel: _____

Tel: _____

Email: _____

Email: _____