



[YOUR LOGO]

[CLUB NAME] Mental Health Policy

Policy Statement

“Mental health is a state of well-being in which every individual realises 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 his or her community.” (World Health Organisation)

At our club, we aim to promote positive mental health for every member of our club. In addition to promoting positive mental health, we aim to recognise and respond to mental ill-health. By developing and implementing practical, relevant and effective mental health policies and procedures, we can promote a safe and stable environment for all players, coaches, managers affected both directly and indirectly by mental ill-health.

Scope

This document describes the clubs approach to promoting positive mental health and wellbeing. This policy is intended as guidance for everyone associated with the club.

The policy aims to:

- Promote positive mental health in all managers, coaches and players
- Increase understanding and awareness of common mental health issues
- Alert manager and coaches to early warning signs of mental ill-health
- Provide support to managers and coaches working with players with mental health issues
- Provide support to players suffering mental ill-health and their peers, parents, guardian etc

Lead Members of Club

Whilst all officials have a responsibility to promote the mental health of players, officials with a specific, relevant remit include:-

- Designated child protection/safeguarding officer ([insert name])
- Mental Health Chair ([insert name])
- Mental Health Project Lead ([insert name])
- Lead first aider ([insert name])
- Clubs Sports Mentor ([insert name])
- Team managers ([insert names])
- Coaches ([insert name])



[YOUR LOGO]

Anyone associated with the club who is concerned about the mental health or wellbeing of any player or official should speak to the mental health lead in the first instance. If there is fear that the player or official is in danger of immediate harm, then the normal child protection procedures should be followed with an immediate referral to the designated child protection officer for under 18's or the mental health lead. If the player or official presents a medical emergency then normal procedures for medical emergencies should be followed including alerting the first aid staff and contacting the emergency services if necessary.

Teaching about Mental Health

By ongoing discussion at training, matches, supported by publications on our Facebook page, we aim to raise awareness, knowledge and understanding needed by everyone associated with the club to keep themselves and others physically and mentally healthy and safe.

Signposting

We will ensure that managers, coaches and players are aware of sources of support either from within or outside the club. We will display relevant sources of support in public areas such as our Facebook and Twitter accounts and will regularly highlight sources of support at training and match days.

Warning signs

Managers and coaches may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should **always** be taken seriously and anyone observing these warning signs should communicate their concerns with [insert name].

Possible warning signs include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating or sleeping habits
- Increased isolation from friends, family, players, becoming socially withdrawn
- Changes in activity or mood
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Any change of behaviour that causes concern



[YOUR LOGO]

Confidentiality

We should be honest with regard to the issue of confidentiality. If it is necessary for us to pass our concerns about a player or official on, then we will discuss it with them to let them know:-

- Who we are going to talk to
- What we are going to tell them
- Why we need to tell them.

We should never share information about a player or official without telling them first. Ideally we would receive consent, though there are certain situations when information must always be shared with another club official and/or parent, such as players under the age of 18 who are in danger of harm or if there are serious concerns about the risk of suicide or if laws have been broken.

It's always advisable to share disclosure with another club official, usually the mental health Chair, [insert name]. This helps to safeguard our own emotional wellbeing as we are no longer solely responsible for the player, it ensures continuity of care in our absence; and it provides an extra source of ideas and support. We should explain this to the player or official and discuss with them who it would be most appropriate and helpful to share this information with.

Parents or guardians must always be informed for players under 18 and players may choose to tell their parents themselves. If this is the case, the player should be given 24 hours to share this information before the club contacts parents/guardians.

If we become aware of reasons to believe that there may be underlying child protection issues, parents/guardians should not be informed, but the club designated officer, [insert name], must be informed immediately.

Policy Review

This policy will be reviewed every 3 years as a minimum, but will be reviewed and updated as appropriate on an ad hoc basis should something arise highlighting a weakness in the policy. If you have a question or suggestion about improving the policy, this should be addressed to [insert name] via email to [\[insert email address\]](#) .

This policy will always be immediately updated to reflect personnel changes.

On behalf of [CLUB NAME] Committee



[YOUR LOGO]



Lifeline have an advocacy service for anyone trying to support a person

You think a club member has a mental health problem because:

- They have told you;
- A friend of theirs has told you
- You've noticed changes in their behaviour, appearance, mood

You feel able to talk to the club member

Yes

No

You feel happy with the conversation

You are still concerned about the club member

You consult with Child Protection Officer/Welfare Officer/Senior Officer

You encourage them to come back and talk to you and make them aware of Mental Health support services

Club member is willing to accept help

Club member not willing to accept help

Continue to monitor sensitively and with Light Touch

You notify Child Protection Officer/Welfare Officer/Senior Club Official agree a support plan with the club

Monitor the situation and assess whether club member is a danger to self or others – call Lifeline (support)

Club encourage club member to see GP or local mental health service ; agree to support them to access support

You feel the player presents an immediate risk to themselves or others

Club member and club are confident the situation is stable and improving

No improvement or concerns are serious
Contact: Gateway Team / Governing Body /NSPPC (If U18) – seek advise from mental health service provider

Contact next of kin – PSNI – mental health services : Phone LIFELINE