



MENTAL WELLBEING POLICY

14

Mental Wellbeing Policy

Club: _____ recognises that mental health is as important as physical health and accepts that, on average, one in four people will experience a mental health difficulty in the course of a year and that such problems can cause real and lasting damage, both to the individual and to the community. The club also recognises that the majority of people who experience mental health difficulties 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.

Policy statement

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

- a. 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;
- b. prevent, so far as is practicable, those circumstances detrimental to mental health and wellbeing;
- c. provide an environment in which members who have mental health difficulties receive suitable support and adjustments to allow them to achieve their fullest potential.
- d. recognise that diagnosed mental illness is a disability and that any players/volunteers/coaches with registered mental illness will be accommodated through our **Disability Mainstreaming Policy** and that all reasonable adjustments will be made to accommodate their needs.

Responsibility of Coaches/Volunteers/Committee

Coaches/Volunteers/Committee Members are expected to:

- maintain a non-stigmatising, supportive community.
- treat each member with a mental 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 signpost people to community support services.
- Promote an ethos of **TALK ABOUT MENTAL HEALTH ISSUES**

***A player registering as having a diagnosed mental illness will be treated with sensitivity.** Wherever the safety of an individual within the club or any club personal is at risk the club reserve the right to breach confidentiality. Were an issue concerning the welfare of any young person under 18 years of age presents itself – the **Safeguarding Policy** will be reviewed to take forward protective and appropriate actions.

The 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: _____





0808 808 8000

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 member

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