



#itsoktalk



My Club & Mental Health Toolkit

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About this tool kit

The toolkit was created by people involved in Sport Clubs to raise awareness of mental health issues and challenge mental health stigma. The toolkit identifies a wide range of topics that relate to both mental and physical wellbeing.

Using the toolkit

This toolkit is to be used as **guide only**. It will support the work you choose to do in your club around raising awareness about mental health and emotional wellbeing.

Realistically what you want to do in your club is up to you and your committee and must account for the clubs capacity.

Here are a few ideas:

- Each month pick a theme and give out one fact sheet e.g. Depression; this way you are not overloading people with information.
- Invite your local mental health organisation to matches/events to reach out to members
- At end of the season run a mental health sport day e.g Football tournament for mental health
- Any current and fresh campaigns e.g. Itsok2talk – promote on social media and Community Leaflet Drops.

Getting Started:

To ensure “buy in” from both members, volunteers and coaches and understand what you can achieve; ask your “sporting Community” for their views.

The toolkit contains:

- **My Club: Have your say? Questionnaire:** Ask a sample of coaches, volunteers, playing members and even parents/partners for their views – without this buy in you may be perceived as “forcing mental health on them” – their voice will help plan the way forward.
- **Club Mental Health Planning:** This document helps you set the scene and agree the way forward; it will show clearly “Where you are” and help you plan “Where you want to be”
- **Club Action Plan Sample:** Guide to what a club can do in practice.
- **Simple Evaluations:** If you deliver a campaign or programme these are simple questions you can ask to show if what you did was effective. Keep this evidence as it will allow you to develop other programmes and possibly attract some resources to support your club

Guide to using the toolkit (This is a guide only)

Policy

Description	Implementation	Check
Pass a Mental Health Policy	Organise a special committee meeting	<input type="checkbox"/>
	Discuss what your club does around mental health: Survey attached	<input type="checkbox"/>
	Discuss what your club can do with current capacity - Planning Tool	<input type="checkbox"/>
	Create you Action Plan	<input type="checkbox"/>
	Link in with like-minded groups – Wellbeing Alliance – Partnership	<input type="checkbox"/>

Partnership

Description	Implementation	Check
Partnership	Find ALL local mental health services – your club will need support	<input type="checkbox"/>
	Invite the mental health charity to Meetings /AGM – voice of mental health	<input type="checkbox"/>
	Fundraise for the mental health charity	<input type="checkbox"/>
	Invite mental health charity to events/programmes e.g. after matches when team go back to facility	<input type="checkbox"/>

People

Description	Implementation	Check
People	Identify key people in the club to attend training	<input type="checkbox"/>
	Distribute mental health information to club members – Factsheets attached – add your club logo/graphics to make them club specific and create a connection with the information – do this gradually e.g. monthly	<input type="checkbox"/>
	Appoint a Wellbeing Committee / Educate Child Protection Officer	<input type="checkbox"/>
	Invite mental health charity to events/programmes e.g. after matches when team go back to facility	<input type="checkbox"/>
	Create Club specific resources such as banners; keyrings and any club material to raise awareness e.g. competition programme	<input type="checkbox"/>

Description	Implementation	Check
Training Available See support services	SAFE TALK – Suicide Awareness	<input type="checkbox"/>
	ASIST – suicide Intervention	<input type="checkbox"/>
	Suicide Talk / Minding Me - Positive Mental Health	<input type="checkbox"/>
	Local Service Providers Talks	<input type="checkbox"/>
	BDACT – Understanding Substance Misuse	<input type="checkbox"/>
	Mental Wealth Games – learning through play	<input type="checkbox"/>

Programme

Description	Implementation	Check
Run mental health programmes - focus on key dates	Mental Health Awareness Week (2 nd Week May) awareness	<input type="checkbox"/>
	Women's Health Week (3 rd Week in May)	<input type="checkbox"/>
Host club days/tournaments/shows	Men's Health Week (2 nd /3 rd week June)	<input type="checkbox"/>
	Summer – Dedicate a game/competition to mental health and raise some money for local mental health charity July/August	<input type="checkbox"/>
	World Suicide Awareness Day 10 th September (every year)	<input type="checkbox"/>
	World Mental Health Day 10 th October (every year)	<input type="checkbox"/>

YOUR PATH TO MENTAL WELL-BEING

Good mental health isn't about avoiding problems or trying to achieve a "perfect" life. It's about living well and having the tools for coping with difficult situations even during life's challenges. Each person's path to mental well-being is unique. We all have our own goals, our own challenges, our own talents and our own supports. But good mental health is within everyone's reach.

Staying mentally well is like staying physically fit, it requires a little effort every day but the rewards are worth it! Everyone has to face stresses and demands, but we all need and deserve breaks. Devote a little of each day to improving your mental health. You'll reap the benefits in the same way that daily physical exercise makes you stronger and fitter.

Understanding Mental Wellbeing

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.

Mental health problems cause people to think and feel differently from how they usually do.

When we experience mental health problems, our day to day lives and our relationships with those around us can suffer; it may affect friend's family members and work colleagues.

We all have bad days and times when things just don't go right for us. This is part of life and is nothing to get worried about. Things which challenge us usually have a way of working themselves out in time.

However there are times when those bad days turn into bad weeks and we can begin to feel stuck.

When is a feeling a mental health problem?

It can be considered a 'mental health problem' when our feelings, thoughts, beliefs or behaviours negatively affect our day-to-day lives and we no longer enjoy life and the things we got enjoyment from in the past.

Mental health problems can range from temporary feelings of stress or depression (1:5 of us will experience depression at some point in our lives) to longer term feelings of being unable to cope with day to day living. **(1:5 of us will experience a mental health issue at some point in our lives).**

Understanding Mental Illness

Mental illness refers to a range of mental health conditions - disorders that affect your mood, thinking and behaviour. Examples include Anxiety, Depression, Schizophrenia, Eating disorders and Addictive behaviours.

Role of Clubs

Clubs have a big role to play in promoting positive mental health and resilience and many do this everyday without knowing their true impact. Clubs also have the reach and the connections with big audiences that reach far beyond just the participants who take part in their activities, clubs are a great vehicle for connecting with families and communities.

The ideal scenario would be that all clubs regardless of capacity would host/deliver one mental health programme a year. This would be a massive achievement for the clubs and the communities and may make a positive impact on someone's life.

SUPPORT SHEETS Development Documents

1. My Club: Have your say?
2. Club Mental Health Planning?
3. Club Action Plan Sample
4. Simple Evaluation Samples

Factsheets

The following Factsheets can be distributed as part of club programmes:

1. My Club & Depression
2. My Club & Bi-Polar
3. My Club & Stress
4. My Club & Drink & Drugs
5. My Club & Suicide Awareness
6. My Club & Gambling
7. My Club & Positive Mental Fitness
8. My Club & Its ok to ask for help
9. My Club & Bullying (Young people)
10. My Club & Resilience
11. My Club & Social Media
12. My Club & Nutrition
13. My Club and Exercise
14. Mental Wellbeing Policy
15. Support Services