



Belfast City Council



# Mental Health Toolkit

## **My Club & Mental Health Toolkit**

### **[About this tool kit](#)**

**The following toolkit has been created to support Sports Clubs to support clubs to raise awareness of mental health and challenge mental health stigma. This resource was created by people from various clubs across North & West Belfast the two hardest hit area in terms of suicide and ill mental health in Northern Ireland.**

**This mental health toolkit has been created by Extern and Tackling Awareness of Mental Health issues with input from sports clubs from the Shankill, New Lodge and Lower West Belfast.**

### **[Using the toolkit](#)**

This toolkit is a guide only. Depending on what you want to do in your club is completely up to you and your committee.

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 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
- Community Leaflet Drops .

## Guide to using the toolkit

(This is a guide only )

### Policy

Description	Implementation	Check
<b>Pass a Mental Health Policy</b>	Organise a special committee meeting	<input type="checkbox"/>
	Discuss what your club does around mental health – Key Document 1:	<input type="checkbox"/>
	Discuss what your club can do with current capacity	<input type="checkbox"/>
	Link in with like-minded groups – Wellbeing Alliance – Partnership	<input type="checkbox"/>

### Partnership

Description	Implementation	Check
<b>Partnership</b>	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
<b>People</b>	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 Officer / 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
<b>Training Available</b>	SAFE TALK – Suicide Awareness	<input type="checkbox"/>
	ASIST – suicide Intervention	<input type="checkbox"/>
	Suicide Talk / Minding Me - Positive Mental Health	<input type="checkbox"/>
	TAMHI team talk	<input type="checkbox"/>
	BDACT – Understanding Substance Misuse	<input type="checkbox"/>
	Mental Wealth Games – learning through play	<input type="checkbox"/>

Programme

Description	Implementation	Check
<b>Run mental health awareness programmes - focus on key dates</b>	Mental Health Awareness Week 8 <sup>th</sup> – 14 <sup>th</sup> May 2017	<input type="checkbox"/>
	Womens Health Week 14 <sup>th</sup> – 20 <sup>th</sup> May 2017	<input type="checkbox"/>
<b>Host club days/tournaments/shows</b>	Men’s Health Week 12 <sup>th</sup> -18 <sup>th</sup> June 2017	<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 <sup>th</sup> September (every year)	<input type="checkbox"/>
	World Mental Health Day 10 <sup>th</sup> 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 healthy 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 Health

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 nothing to get worried about. Things that 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

### 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:

### SUPPORT SHEETS

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
10. My Club & Resilience
11. My Club & Digital Resilience
12. My Club & Nutrition
13. My Club and Exercise
14. Mental Wellbeing Policy