

IDEAS TO BUILD CONFIDENCE IN YOUNG PEOPLE

1. Invest in Young Leadership Programmes that target youth development and keep young people in a coaching/volunteering role at club – up-skill them and use them to keep your club going and to cope with participation levels.
2. Run annual mental wellbeing events combining sport with education/learning and health – run football tournaments with community groups present to talk to parents and participants this will allow for the distribution of valuable information and keep wellbeing issues fresh.
3. Ensure that a participation pathway is in place from youth to adulthood – team up with local senior teams if you do not have one already.
4. Use social media to keep your players up to date on what's going on the community – Facebook, Twitter etc.
5. Always talk openly about issues in the community – suicide, drink & drug abuse, anti-social behaviour – if you do not talk about it you cannot deal with it the role of mentors and roles models is vital.
6. Run programmes that educate young people about fitness, healthy eating and emotional wellbeing – encourage them to do stay active when they are not training at the club.
7. Ensure that all coaches and volunteers are familiar with safeguarding policies & mental wellbeing policies. Use links with mental wellbeing groups to add value to your service and to develop policies and programmes - **be creative!**

SOURCES OF FUNDING

www.sportni.net
www.unltd.org.uk
www.o2thinkbig.co.uk
www.communityfoundationni.org
www.awardsforall.org.uk
www.bbc.co.uk/pudsey/grants
www.princes-trust.org.uk
www.theirelandfunds.org/

USEFUL CONTACT POINTS

Lighthouse:
www.lighthouseireland.org
Tel: 028 90 75 50 70

Lifeline:
www.lifelinehelpline.info
Tel: 0808 808 8000

Public Health Agency:
www.publichealth.hscni.net
Tel: 028 90 31 16 11

Young Minds:
www.youngminds.org.uk
Tel: 0808 802 5544

Rethink:
www.rethink.org
Tel: 0300 5000 927

Mind:
www.mind.org.uk
Tel: 0300 123 3393

PIPS:
www.pipsprogramme.com
Tel: 028 9028 7836

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www.tamhifc.co.uk



Tackling Awareness of Mental Health Issues

Football Community (TAMHI FC)

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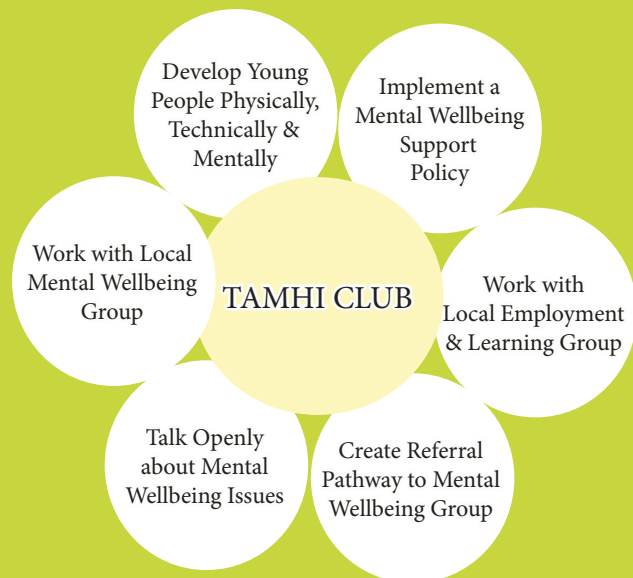
“Mental Wellbeing
is not a **TABOO**
it's a **TO DO**
– Clubs can use
sport/football to
tackle the issue
head on”

ABOUT US

Tackling Awareness of Mental Health Issues Football Community (TAMHI FC) is a project that was set up to create awareness of suicide and promote positive mental wellbeing among young people, using football as the medium to deliver key messages. The project is named after Thomas "Tammy Tucker" McLaughlin a dear friend of the project manager Joseph Donnelly. Tammy tragically took his own life in 2009 and this event inspired the creation of TAMHI FC with the support of UnLtd (www.unltd.org.uk) the foundation for social entrepreneurship and Sported (www.sported.org.uk).

The project is aimed at providing guidance on how football/sport teams can help prevent these serious mental health issues by reviewing their programs and management to promote positive mental wellbeing in a more proactive manner and "develop a young person physically, technically and mentally;"

HOW TO BE A TAMHI CLUB:



I THINK PHYSICAL, TECHNICAL & MENTAL DEVELOPMENT

DEVELOP YOUNG PEOPLE. I

CAUSES OF POOR MENTAL HEALTH IN YOUNG PEOPLE

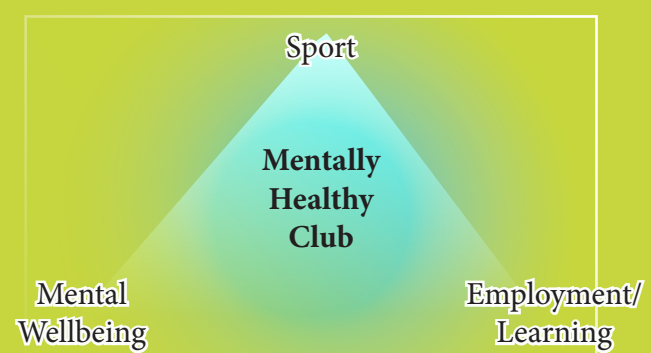
- ⚽ Bullying
- ⚽ Perceived lack of Opportunities
- ⚽ Stress due to school/education
- ⚽ Family problems
- ⚽ Drug and alcohol abuse
- ⚽ Low self esteem

Mental Health training can help short term however it is essential to keep things fresh – mental health issues will not go away so it is essential to create a supportive environment that can prevent some of the causes of poor mental health listed above.

Football/sports teams can deal with these issues by being pro-active.

- ⚽ Encourage group support/Peer Support – back up your team mate
- ⚽ Research shows exercise reduces stress and depression - promote fit bodies, fit minds.
- ⚽ Football/Sport can be used as a means to take time out when things get on top of young people
- ⚽ Quality coaching can provide traits and skills that are transferable in the work environment and build confidence and self esteem.
- ⚽ Effectively deliver "key messages" – coaches tend to be respected and looked up to by young people embed mental wellbeing messages into your policies.

The establishment of links with mental wellbeing service providers will help your club signpost young people to the appropriate help, support and guidance. This link will help the club breakdown barriers and stigma associated with mental health issues. It will also educate coaches, volunteers, players and families about how to promote positive mental wellbeing.



P : PARTNERSHIPS

Strike Up an Understanding with your local mental wellbeing group, invite them to have a voice on your committee and to talk to you about emotional wellbeing. Keep up to date on developments in terms of wellbeing through this link. Partnerships with Mental Wellbeing Groups and other groups such as those that offer employment and training programmes will add value to your service. Use these partnerships to signpost players to additional services that will help with their development and education. A partnership with a local mental wellbeing group will create a referral pathway that clubs can signpost players to help, should it be required.

A : AWARENESS

Make coaches and players aware of the issues that lead to poor mental health, drink & drugs, bullying, crime, anti-social behaviour etc. Make coaches and players aware of the 'signs' they should be looking out for with regard to poor mental health. Use the links with other community groups to make players and/or volunteers aware of the opportunities and support available to them.

C : COACHES COMMITMENT

Coaches need to promote positive mental wellbeing, work closer with players of lesser ability to ensure they do not feel excluded, look out for changes in player's attitudes or behaviour and 'signs'. Promote open communication and talk about mental wellbeing and breaking down barriers and stigma. Clubs should promote young leaders to build players confidence and to inspire them to become club volunteers. Encourage all club members regardless of age to look out for each other, 1 club = 1 family.

E : EDUCATION

Education is key - clubs should actively seek funding to deliver annual suicide awareness training to make more club members vigilant. Coaches at the club should always use lessons learnt to build and develop new programmes with the aim of creating a Mentally Healthy Club.