



Mental Health Policy

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 as a problem
- Take advantage of training and information sources
- Uphold confidentiality (wherever safety is not at risk)
- Recognise the limitations of 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 support people to access community support services
- Promote an ethos of TALKING ABOUT MENTAL HEALTH ISSUES

Our 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 club's support services



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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: 1/1/2025

Signed, Chair: Allen Crossey



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