



Introduction Gymnastic Britannia adopts this statement.



## Mental health and wellbeing statement

### The statement

We respect the rights and dignity of all of our young athletes and acknowledge that everyone who is involved with our organisation has mental health and wellbeing needs.

As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of our sport, we're working towards making sure that:

- ✓ we support our staff to hold some level of mental health and wellbeing awareness training
- ✓ we demonstrate how our staff can be welcoming towards people experiencing a problem with their mental health and wellbeing
- ✓ we respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others
- ✓ there are key members of staff (welfare officers or other designated roles) in our organisation who are happy to discuss how our sport can be adapted to suit your mental health and wellbeing needs or how we can be more inclusive
- ✓ we regularly ask all our young members if they are happy with the level of support they receive from us and whether it could be improved in any way
- ✓ as an organisation, we recognise how the pressures of competitive sport can affect young people's mental health and wellbeing
- ✓ all staff know the details of the mental health and wellbeing support services available to both staff and young people
- ✓ all staff know how to raise concerns to protect young people who are experiencing a mental health crisis or identifying as at risk of self-harm or suicide as part of our safeguarding reporting procedures\*
- ✓ support and information on mental health and wellbeing continues to be shared as young people progress on the talent pathway and the potential pressures of funding, sponsorship and achievement come into play

## People you can talk to

### Our Club Welfare Officer

Name:

Tel:

Email:

### Our Wellbeing Lead

Name:

Tel:

Email:

### NGB Lead Safeguarding Officer

Name:

Tel:

Email:

### Active Partnership Lead Safeguarding Officer

Name:

Tel:

Email:



**If you believe a child is at immediate risk of harm call emergency services on 999**

## CPSU resources

Further guidance on identifying and addressing specific mental health problems in sport is available from CPSU briefings:

- Addressing suicidal thoughts and feelings [thecpsu.org.uk/resource-library/best-practice/addressing-suicidal-thoughts-and-feelings](https://thecpsu.org.uk/resource-library/best-practice/addressing-suicidal-thoughts-and-feelings)
- Addressing self-harming behaviour [thecpsu.org.uk/resource-library/best-practice/addressing-self-harming-behaviour](https://thecpsu.org.uk/resource-library/best-practice/addressing-self-harming-behaviour)

## Support services

### Support for coaches, staff and volunteers

#### NSPCC helpline

If you're worried about a child, even if you're unsure, contact the NSPCC's professional counsellors for help, advice and support  
0808 800 5000 | [nspcc.org.uk/helpline](https://www.nspcc.org.uk/helpline)

#### England Institute of Sport

EIS works with elite athletes to improve performance and athlete wellbeing  
[eis2win.co.uk](https://eis2win.co.uk)

#### Mind

Sport, activity and mental health information and advice  
[mind.org.uk/sport](https://mind.org.uk/sport)

#### Rethink

Information and advice on mental health and local support services  
[rethink.org](https://rethink.org)

### Support services for children and young people

#### Childline

Information and support line for young people  
0800 11 11 | [childline.org.uk](https://childline.org.uk)

#### Samaritans

24-hour confidential listening and support for anyone who needs it  
116 123 | [samaritans.org](https://samaritans.org)

#### The Mix

Information, support and listening line (24 hours) for people under 25  
0808 808 4994 | [themix.org.uk](https://themix.org.uk)

#### Young Minds

Information and signposting to mental health support for young people and parents  
[youngminds.org.uk](https://youngminds.org.uk)

