

# DEVIZES RUGBY FOOTBALL CLUB

Affiliated member of  
Dorset & Wilts. RFU



Member of the RFU  
and England Rugby

## Mental Health Policy

Revised June 2021

### Introduction

It is estimated that 1 in 4 people will experience a mental health illness each year in the UK. For these people, the pressures and strains of life and work can act as a catalyst to mental health problems, with the most common being depression and anxiety.

The links between good physical health and mental health are well-recognised. Physical activity such as playing rugby can be very beneficial for mental health and wellbeing as well as bringing physical benefits.

As a club, we recognise that members, players and coaches can support someone with mental health problems and can play a key role in promoting good mental health and well-being to help prevent problems developing.

### Alignment to the RFU's mental wellbeing approach

We follow guidance and best practice recommended by the RFU wherever possible, and mental health and wellbeing is no different. Please see the following [link](#) for information about their resources – much of this information is incorporated into this document, too.

Since the initial draft of this Policy document in February 2020, the RFU has started to offer a series of excellent seminars/webinars as part of the RugbySafe programme – see this [link](#).

### Club Welfare Officers

While people may have the best intentions, coaches and others should not themselves give counselling and support that they are not qualified to offer. It is important that the support is appropriate and crucial that professional help is sought if needed. Individuals should usually be directed to seek advice from their GP if they are struggling, and families can approach their own children's schools if they are concerned about their child.

Within the club, from season 2019/2020 onwards, please contact any of the following, who will treat conversations as being confidential unless there is an imminent risk to life: -

- *Sara Levy*
- *Gavin Curnow*
- *James O'Sullivan*

### Contact email address

You may be concerned for your own welfare, or have a concern about someone else. If you have any concerns that you wish to share in confidence with one of the Clubs Welfare Officers, you can use the following email address to make contact if you prefer – [Time2Talk@devizesrfc.org.uk](mailto:Time2Talk@devizesrfc.org.uk).

### Urgent help in a crisis

- [Samaritans](#) - 24-hour confidential support for anyone experiencing distress or despair
- Contact your GP
- Get fast access to talking therapies - refer yourself directly without a GP referral [here](#). If you are able to pay privately for talking therapies, you can choose one from [this directory](#), by the British Association for Counseling and Psychotherapy
- Out of hours contacts – NHS: call 111
- Go to A&E
- [Hub of Hope](#) - search by postcode and find mental health support near you

### Mental Health Training

The club can arrange mental health training for coaches, staff, volunteers, players etc. In addition to the training that is available through the RFU, there are several reputable organisations and charities that offer training, such as the Mental Health First Aid courses.

1. **MIND** runs mental health courses:
  - [General Mental Health Awareness](#)
  - [Mental Health Awareness for Sport and Physical Activity](#)
2. The **StreetGames** charity runs a course aimed at coaches, staff and other volunteers working with young people:
  - [Youth Mental Health First Aid course](#)

### Sources of information

**Mind**, one of the leading mental health charities in England and Wales, provides information and guidance for anyone involved in rugby who may be dealing with mental health problems and those supporting them. [There is a network of around 130 local Minds](#) across England and Wales that offer specialised support and care based on the needs of the communities they support. When someone is experiencing a mental health problem, **supportive and reliable information can change his or her life**. Mind's **Infoline** offers callers confidential help and information: **Tel: 0300 123 3393** or Email: [info@mind.org.uk](mailto:info@mind.org.uk).

Mind provide support for coaches and physical activity providers including a Sport and physical activity [toolkit](#). Further, [Mind's Information and Support section](#) provides information on the services and resources they offer, including [Urgent Help Advice](#) for anyone needing it.

**UK Coaching** mental health infographics – part 1 and part 2. This video, produced by Mind, by UK Coaching and by Public Health England provides guidance on how coaches can promote good mental health through their coaching.

[Watch: Promoting good mental health through your coaching.](#)

[UK Coaching's Mental Health in Coaching Guidance](#) has some useful information on the role coaches play in supporting others, emotionally as well as physically. It highlights the impact that this can have on a coach's own mental health and provides guidance on how coaches can understand and maintain their own mental health.

### Time to Change

The support of a coach, team mates and others can play a very important role in supporting someone who has mental health problems. [Time to Change](#) aims to promote awareness and improve the perception of dealing with mental health illnesses. There is a wealth of information and a number of useful resources, including the [In Your Corner](#) campaign, which specifically

encourages men and young people to be more open and supportive of those fighting a mental health problem.

#### **Other sources of information and support**

- The NHS provide general information on Mental Health and services that are available. Please visit the [NHS Mental Health Services](#) for more information.
- [Young Minds](#) is a charity specifically focused on promoting positive mental health in children and young people. They offer good resources, especially for families who are concerned about their children.
- [Student Minds](#) is a charity that works with students and members of the university community to develop the knowledge, confidence and skills to look after their own mental health, to support others and to create change.
- The [Lift the Weight](#) campaign supports professional players who can experience a unique set of pressure, having to deal with the intense demands of performing in an elite environment week in, week out.
- [Childline](#) is especially for children. A free, private and confidential service where children can talk about anything, whatever their worry, whenever it is needed. Tel: **0800 1111** (Free 24-hour number)
- [The Samaritans](#) are available for anyone who needs them. They provide a confidential, non-judgemental and safe environment for people to talk about concerns and issues they are having. Email: [jo@samaritans.org](mailto:jo@samaritans.org)

#### **Other Local Resources**

- <https://www.yourcareyoursupportwiltshire.org.uk/health-and-care/mental-health-and-wellbeing>
- <http://www.awp.nhs.uk/advice-support/conditions/depression/>
- <https://www.depression-understood.org/information/wiltshire.htm>
- <http://www.wiltshiremind.co.uk/what-we-do/core-services/>
- <http://www.wiltshirepsychology.co.uk/>