

# Rathgar Tennis Club – Child Protection Policy

## Appendix 19

### Mental Wellbeing Policy

Rathgar Tennis Club recognises that mental health is as important as physical health and accepts that, on average, one in four people will experience a mental health difficulty in the course of a year and that such problems can cause real and lasting damage, both to the individual and to the community. The Club also recognises that the majority of people who experience mental health difficulties can get over them or learn to live with them especially if they are supported early on.

This Policy applies to members, volunteers and coaches and aims to ensure that everyone feels supported in the club environment.

#### Policy statement

It is the policy of Rathgar Tennis Club to:

- promote mental health and wellbeing through its management policies, support services, information networks and regular health promotion campaigns (including alcohol awareness, diet, exercise, self-management, suicide awareness), and by liaising appropriately with external agencies;
- prevent, so far as is practicable, those circumstances detrimental to mental health and wellbeing;
- provide an environment in which members who have mental health difficulties receive suitable support and adjustments to allow them to achieve their fullest potential.

#### 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 a problem or a condition.
- take advantage of training and information sources.

- uphold confidentiality (wherever safety is not at risk).
- recognise the limits to 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 signpost people to community support services.
- Promote an ethos of talking about mental health issues

Rathgar Tennis 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 Clubs support services;

### **Responsibility of members**

All club members are required to:

- ✓ 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.