



Carlisle United Mental Health Policy

Introduction

The Club regards good health & safety practice as a vital part of its business. It is therefore the Club's policy for management and employees to do all that is reasonably practicable to attain the highest level.

Our aim is to prevent injury and protect from any foreseeable harm all players and staff, at the Club (including Academy). The Club is committed to continual improvement in health & safety performance, in line with our overall Club H&S policy.

Carlisle United is also committed safeguarding and promoting the welfare of all staff and players, this includes mental health. We expect all directors, players, staff, volunteers, parents/carers, young players, any partner agencies or any commissioned service providers to share this commitment.

Mental health

We all have mental health and we need to look after it just as we would our physical health. Yet every year, 1 in 4 of us will experience a mental health problem. That's hundreds of football players and staff, and thousands of football fans.

If you have any concerns please contact the Club's Designated Safeguarding Officer (DSO) who is Scott Taylor. He is a qualified Mental Health First Aider (MHFA) for both adults and children.

The aims of Carlisle United Mental Health Policy (Policy) are to:

- a. Develop a positive and pro-active approach to mental health in order to enable players and staff to participate and achieve in an enjoyable and safe environment.
- b. Facilitate the provision of a range of mental health awareness and training for all players and staff or volunteers in line with guidance from EFL
- c. Demonstrate best practice in the area of mental health
- d. Promote good mental health
- e. Comply with relevant legislation

Policy elements

The key principles underpinning our Policy are that:

- a. The mental health of players and staff is an important consideration for the Club
- b. All mental health issues will be taken seriously and responded to swiftly and appropriately.

Players and staff have a duty to co-operate and work together with the management by:

- c. Working safely and not endangering the mental health of others
- d. Reporting concerns
- e. Adhering to our policies and procedures for securing a safe workplace

Review

This Policy will be kept up to date, particularly as the Club changes in nature and size and new requirements emerge.

To ensure this, the Policy, and the way it is implemented, will be reassessed and amended on an ongoing basis and reviewed annual basis will be as follows:

- Mental Health issues will be considered as agenda items and discussed at the:
 - Safeguarding Working Group meetings



- Academy Management Team meeting and Technical Board meetings
- The Policy will be reassessed and amended on an ongoing basis by the CEO in consultation with the Safeguarding Working Group
- The 1921 Board will:
 - include Mental Health as an agenda item and feature in the Board Report
 - conduct an annual review of the Policy as part of the annual review
 - publish the Policy on its website

Safeguarding contacts

Remember that in an emergency or where there is risk to life you should contact the police immediately.

If you have concerns you wish to raise with the Club please contact:

- Senior Safeguarding Manager Nigel Clibbens 07967804289 nigel.clibbens@carlisleunited.co.uk
- Designated Safeguarding Officer Scott Taylor 07708959007 scott.taylor@carlisleunited.co.uk
- Matchday Safeguarding Officer Sarah McKnight 0330 0945930 sarah.mcknight@carlisleunited.co.uk

Other Safeguarding contacts in football:

Whilst any safeguarding concern should be raised with the Club Safeguarding contacts in the first instance, we recognise that this may not always be possible or appropriate. Below are the contact details for footballing partners with whom safeguarding concerns in relation to the Club can be discussed:

The English Football League Safeguarding Team

Tel: 01772 325940

Email: safeguarding@efl.com

If they concern regards a person in employed in footballs conduct towards a child:

The FA Safeguarding Team

Tel: 0800 169 1863

Email: Safeguarding@TheFA.com

Mental health:

Negative experiences and distressing life events, such as the current circumstances, can affect the mental health of us all. Players and staff who are struggling under the current circumstances should contact the Club safeguarding staff as outlined above. Support can also be accessed through a number of national organisations including:


- The Samaritans Tel: 116 123 <https://www.samaritans.org> ChildLine: Tel: 0800 1111
- <https://www.childline.org.uk> NSPCC: Tel: 0808 800 5000 <https://www.nspcc.org.uk>
- Mind: Tel: 0300 123 3393 <https://www.mind.org.uk>
- PFA: Tel: 07500 000 777 <https://www.thepfa.com/wellbeing>

Online safety:

It is important that both players and parents are aware of the help and support available should they be concerned about something they have seen or experienced online. These include

- UK Safer Internet Centre <https://reportharmfulcontent.com/>
- CEOP <https://www.ceop.police.uk/safety-centre/>
- Internet Matters <https://www.internetmatters.org/>
- Parent Zone <https://parentzone.org.uk/>
- CEOP Education <https://www.ceopeducation.co.uk/>



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