



FORFAR ATHLETIC CFC

Mental Health and Wellbeing Policy Statement

Forfar Athletic Community Football Club (FACFC) respect the rights and dignity of our young athletes and acknowledge that everyone who is involved in our organisation has mental health and wellbeing needs.

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

- We support our officials, managers, coaches, and volunteers to hold some level of mental health and wellbeing training.
- We demonstrate how our officials, managers, coaches, and volunteers 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 within the club 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 anyway.
- As an organisation, we recognise how the pressures of competitive sport can affect young people's mental health and wellbeing.
- We will promote the details of the mental health and wellbeing support services available to our members in this policy statement.
- All officials, managers, coaches, and volunteers 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 Child Wellbeing Protection Policy.
- Support and information on mental health and wellbeing continues to be shared as young people progress on the player pathway and the potential pressures of achievement come into play.

Our Club Child Wellbeing Protection Officer is:

Mark Litterick

mlitterick@hotmail.co.uk

07850079519

In a safeguarding emergency, where a young person is at immediate risk of harm, call 999.

Useful links

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|  <p>childline ONLINE, ON THE PHONE, ANYTIME</p> | <p>Childline a free, private, and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they are here for you online, on the phone, anytime. Childline is in place to help anyone under 19 in the UK with any issue they are going through. You can contact them via phone 0800 1111 or https://www.childline.org.uk/get-support/</p> |
|  <p>NSPCC</p> | <p>The NSPCC is the leading children’s charity in the UK who specialise in child protection and are dedicated to fight for every childhood. They are the only UK children’s charity with statutory powers so they can take action to safeguarding children at risk of abuse. They provide a range of guidance and support across a range of matters. Tel: 0808 800 5000/0800 1111 (Under 18). E-mail: help@nspcc.org.uk</p> |
|  <p>CHILDREN & YOUNG PEOPLE'S Commissioner Scotland</p> | <p>The Children and Young People's Commissioner Scotland is Bruce Adamson. He works with his team to protect children's human rights: the rights of children and young people. You can learn about children's rights and young people's rights, make your voice heard and find out who can help you live a safe and happy life. Tel: 0800 019 1179 E-mail: inbox@cypcs.org.uk</p> |
|  <p>SCOTTISH CHILDREN'S REPORTER ADMINISTRATION</p> | <p>Scottish Children’s Reporter Administration’s role and purpose is to make effective decisions about a need to refer a child/young person to a Children’s Hearing, support Panel Members and ensure fair process in Hearings, enable children, young people and families to participate in Hearings and Work collaboratively with partners to support and facilitate the Getting it Right for Every Child (GIRFEC) agenda. http://www.scra.gov.uk/contact-us/office-locations/</p> |

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|  | <p>Respectme are Scotland’s anti-bullying service. Their vision is of a respecting, just, equal and inclusive Scotland in which all children and young people can live free from bullying and harassment and are encouraged to reach their full potential. Our work is driven by a focus on children’s rights. They work adults and young people to give them practical skills and confidence.</p> <p>Tel: 0344 800 8600 E-mail: enquire@respectme.org.uk</p> |
|  | <p>Breathing Space aims to provide: an alternative and easily accessible ‘first stop’ service, assistance at an early stage in order to stop problems escalating, empathy, understanding and advice through active listening, hope when none exists and direction for those who do not know where to seek help. So don't let problems get out of hand, phone Breathing Space, where experienced advisors will listen and offer information and advice.</p> <p>Tel: 0800 83 85 87.</p> |
|  | <p>The Anti-Bullying Alliance (ABA) is a unique coalition of organisations and individuals, working together to achieve their vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. They provide expertise in relation to all forms of bullying between children and young people.</p> <p>E-mail: aba@ncb.org.uk</p> |
|  | <p>Parentline is a service set up for anyone caring for or concerned about a child. Whatever it is that affects your family, you can talk it over with them. They are at the end of the phone, or you can webchat, send an email or text.</p> <p>Tel: 08000 28 22 33 E-mail: parentlinescotland@children1st.org.uk</p> |

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|  | <p>Upstream is an online resource that enables adults in Scotland to prevent child sexual abuse and to protect the next child. It has been developed by Stop It Now! Scotland with support from the Scottish Government. Tel: 0808 1000 900. E-mail: scotland@stopitnow.org.uk</p> |
|  | <p>Children1st (Safeguarding in Sport) support volunteers and staff in sports organisations across Scotland to keep children safe by providing advice, consultancy and training on the development and implementation of child protection policies, procedures, and good practice. Tel: 0141 419 1156. E-mail: safeguardingsport@children1st.org.uk</p> |
|  | <p>CEOP (Child Exploitation and Online Protection command) is a law enforcement agency and is here to help keep children and young people safe from sexual abuse and grooming online. They provide advice if something has happened online which has made you feel unsafe, scared or worried. You can also make reports directly to them to identify if a crime has been committed and take action. https://www.ceop.police.uk/ceop-reporting/</p> |
|  | <p>Thinkuknow is the education programme from the National Crime Agency CEOP, a UK organisation which protects children both online and offline. They provide advice and guidance for 4 – 18-year-olds on how to stay safe online. They also provide advice to parents/carers and the children’s workforce. www.thinkuknow.co.uk</p> |
|  | <p>Mind is a mental health charity which provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness, and promote understanding. T: 0300 123 3393 Text: 86463</p> |

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|  | <p>CAMHS is as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Local areas have a number of different support services available. These might be from the statutory, voluntary or school-based sector, such as an NHS trust, local authority, school or charitable organisation.</p> <p>www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs-children-information/</p> |
|  | <p>SAMH is Scotland's national mental health charity. They work with adults and young people providing mental health social care support, services in primary care, schools and further education, among others. Their work informs their policy and campaign work to influence positive social change.</p> <p>Tel: 0141 530 1000</p> |
|  | <p>YoungMinds is the UK's leading charity fighting for children and young people's mental health. They are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. They are here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.</p> <p>Crisis Messenger: Text YM to 85258 Parent Helpline: 0808 802 5544</p> |
|  | <p>LGBT Youth Scotland is Scotland's national charity for LGBTI young people, working with 13–25 year olds across the country. They also deliver the LGBT Charter programme to schools, organisations and businesses. Their goal is to make Scotland the best place to grow up for lesbian, gay, bisexual, transgender and intersex young people.</p> <p>Text: 07786 202 370. E-mail</p> |

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|  | <p>Young Scot is the national information and citizenship organisation supported by the Scottish Government for young people aged 11-26 in Scotland. The declared aim of the organization is to make young people informed, incentivised and active citizens through the information they provide. Tel: 0808 801 0338 E-mail: info@young.scot</p> |
|  | <p>YouthLink Scotland is the national agency for youth work. They are a membership organisation representing more than 100 youth organisation members across Scotland, both voluntary and statutory. They champion the value of the youth work sector, challenging government at national and local levels to invest in your development. T: 0131 313 2488</p> |