



ROCHDALE AFC Mental Health and Wellbeing Plan

We want to be recognised as a great place to work in terms of mental health and wellbeing. As part of our commitment we will work together to:

- raise our awareness of mental health and wellbeing issues and their impact
- improve our understanding of mental health and how we can help ourselves and each other to promote and maintain good mental health
- ensure coaches and managers have the training and support to enable them to identify when team members may need additional support, build resilience in their teams and create an environment that promotes positive wellbeing
- identify and tackle stigma and discrimination, as part of our wider culture of embracing diversity.

We want to create and foster a culture:

- that promotes good mental health and wellbeing
- in which everyone feels able to talk about and access the support they need, whether for specific mental health issues or more general wellbeing
- that proactively considers the impact of how we work and our working environment on our mental health and wellbeing
- provide effective, timely and good quality support to employees and academy players who are experiencing mental health difficulties

The 3 main focus areas of our Mental Health at Work Plan are:

- developing a culture of openness and understanding
- building a healthy working environment
- providing effective support when employees/academy players need it

We now have a mental health champion in post (R.T) who can assess and offer support to young people who maybe struggling with emotional, behavioural or mental health difficulties. Our support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, psychosis and anxiety, to name a few. (*This is a confidential service*)