



Champions Mental Health & Well Being Programme

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.

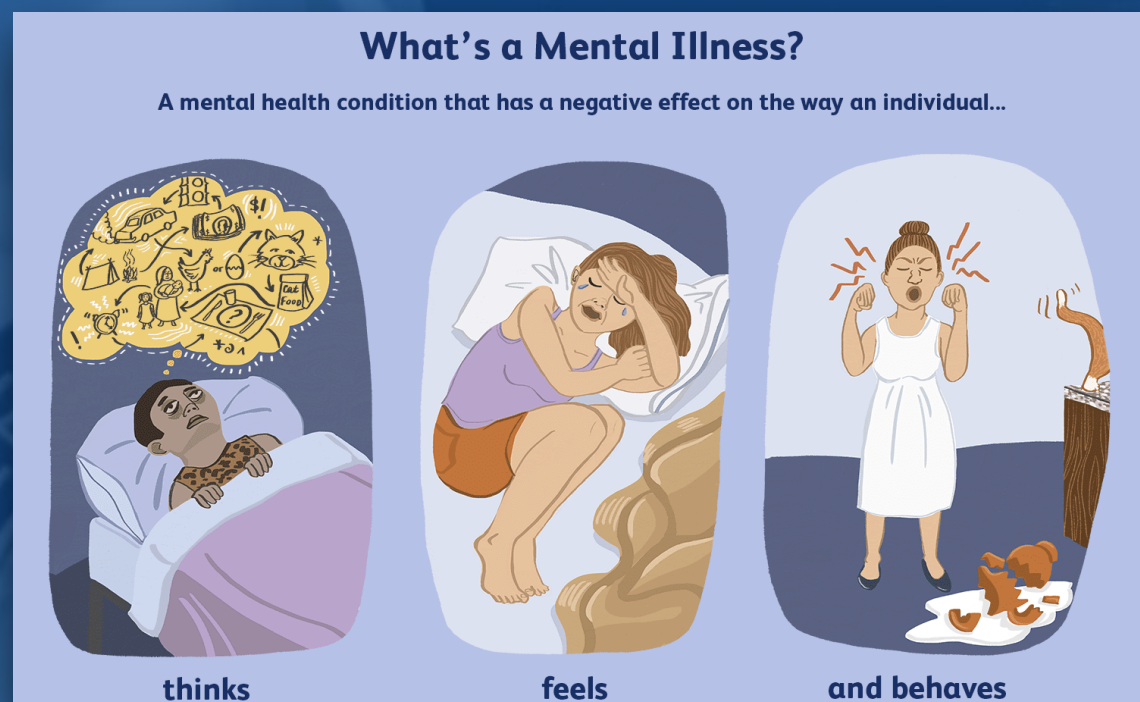
We want to create and foster a culture:

- 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 place (R.T) who can assess and offer support to young people who may be 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).

Different Types of Mental Health



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems.



Identifying Triggers & Support

IN CRISES

Very anxious
Very low mood
Absenteeism
Exhausted
Very poor sleep
Weight loss

STRUGGLING

Anxious
Depressed
Tired
Poor performance
Poor sleep
Poor appetite

SURVIVING

Worried
Nervous
Irritable
Sad
Trouble sleeping
Distracted
Withdrawn

THRIVING

Postive
Calm
Performing
Sleeping well
Eating normally
Normal social activity

EXCELLING

Cheerful
Joyful
Energetic
High performance
Flow
Fully realising potential

Identify your triggers, we're all different. What affects someone else's mental wellbeing won't necessarily affect yours in the same way.

Levels of Stress Indicators & Sign Posting Support

If you want any support speak to your coaches in confidence or look on academy website for resources

Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. It's common to feel unsure and to wonder whether you should try to handle things on your own. But it's always ok to ask for help – even if you're not sure you are experiencing a specific mental health problem.

Rochdale Academy can offer confidential, non-judgemental support and advice either through talking to your coaches (See diagram above or via the Academy website where there are lots of free apps, mind games and resources and links to download).



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Resources - Mobile Apps



These days so many of us use apps in our everyday life for anything from shopping to entertainment to travel, but have you considered using them to look after your wellbeing and mental health?

There are now more and more apps out there that can help with anything from managing your general wellbeing to those for more specific health concerns.

Listed below are some apps to get you started. Whilst these apps can be useful, they are not a replacement for seeking medical advice if you have concerns about any symptoms you are experiencing.

getmoodfit.com
headspace.com
moodmission.com



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Specialist Services Support & Advice



rochdalemind.org.uk

penninecare.nhs.uk

implementingthrive.org

mind.org.uk/eflpartnership

mind.org.uk/information

youngminds.org.uk

kooth.com

Tips - Self Care



Knowing what steps we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too.



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“You don’t have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.”

- Lori Deschene



Contacts

STAFF Seeking Guidance & Support

- **Roy Thickett** - Head Of Academy Safeguarding & Mental Health Champion roy.thickett@rochdaleafc.co.uk
- **Dan Sullivan** - Head Of Academy Player Care dan.sullivan@rochdaleafc.co.uk
- **TBC** - Head Of Academy Psychology

PLAYERS - PARENTS|GUARDIANS Seeking Guidance & Support

- **Age** - Coach
- **Age** - Phase Lead
- **Head of Education** - Jack Pritchard
- **Academy Manager** - Tony Ellis

Dave Manning Foundation Phase Lead

Jack Pritchard *acting* Youth Development Phase Lead

Lee Thorpe Professional Phase Lead

These staff can guide and signpost individuals to the appropriate support and information needed. Pathways are available to specialist services if deemed appropriate.