

Mental And Emotional Well-Being Action Plan Information And Support



The mental and emotional well-being of adults and young people is affected by the challenges of competitive sport, the ongoing pandemic and life in general.

In response, please find this information and support relating to the management of an action plan, including referral and support service signposting.

Evidence shows strong possibilities that throughout a player's journey within an academy, there will be a need for action in support of mental and emotional well-being. There are a variety of ways and depths as to how this may be presented, and this makes it difficult to know what to expect or how to deal with it.

An action plan will ensure that an academy is prepared to appropriately support those within its care both proactively and reactively. Please find these considerations as guidance for the creation and management of a mental and emotional well-being plan.



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Considerations

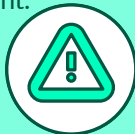
Definition:

Well-being is the state of being comfortable, happy or healthy.

Mental and emotional well-being is the ability to express feelings which are drawn from thoughts and it is strongly linked to mental health. It affects interactions with other people, the world and the ability to solve problems.

Risks:

- Bereavement.
- Biological disorder.
- Caring for dependents.
- Discrimination.
- Exams.
- Isolation.
- Long-term injury.
- Performance.
- Personal relationships.
- Poverty.
- Release and retirement.
- Relocation.
- Success.
- Trauma.



Culture:

- Well-being representation in leadership positions.
- Appointed lead for well-being.
- Well-being presence as an agenda item for meetings.
- Requirement for staff training, qualifications and CPD opportunities.
- Awareness of research and reports.
- Knowledge checks for understanding on subject matter, pathways and support services.
- Planned check-ins for well-being support and signposting.
- Ringfenced budget to support well-being provision.



Education:

- LFE - Life Skills Programme.
- PFA - Mental Health and Well-being.
- EFL - Mental Health First Aid Training for Designated Safeguarding Officers (TBA).
- Mind - Mental Health Awareness Online Module.
- Football Club - In-house Delivery.



Referral Pathways:

- Specific to target group, i.e. age, phase, staff.
- Establish access and confidentiality.
- Availability of information, advice and guidance.
- Ensure awareness of available support services.
- Monitoring and follow-up support.



People and Organisations:

- Football Club, i.e. Academy Staff, Designated Safeguarding Officer, Doctor.
- Parents/Carers.
- Teammates and Friends.
- Host Families.
- School.
- College.
- LFE.
- EFL.
- PFA.
- Qualified Practitioners.
- Local Volunteers and Charities.



Must Include:

- The contact person and process for an individual raising a concern for their-self or someone else.
- Possible referral pathways and awareness raising to further support an individual.
- Activity that supports the mental and emotional well-being of released academy players for all phases (before, during and after).



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Support Services

GP referral or self-referral
(via link below) to talking
therapies.

Every Mind Matters:
[www.nhs.uk/oneyou/
every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)



PFA Members' 24hr confidential
support, provided by
Sporting Chance
07500 000 777 and
wellbeing@thepfa.co.uk

Safety Net
www.thepfa-safetynet.com

Shout is a 24/7 free text service,
for anyone (any age) in crisis
anytime, anywhere. It is a place
to go if struggling to cope and in
need of immediate help.

Text: 85258
www.giveusashout.org



Mind provides free advice and
support to empower anyone
experiencing a mental health
problem. Mind campaigns to
improve services, raise awareness
and promote understanding.

www.mind.org.uk

Childline is a free, private and
confidential service to talk
about anything. Whatever the
worry, whenever help is needed,
Childline can be reached online,
on the phone, anytime.

0800 1111
www.childline.org.uk



Samaritans provides free
emotional support to anyone in
emotional distress, struggling to
cope, or at risk of suicide.

116 123
www.samaritans.org

Papyrus provides free
confidential support and advice
to young people struggling with
thoughts of suicide, and anyone
worried about a young person.

0800 068 4141
www.papyrus-uk.org



IUCS provides emotional and
practical support with three aims:
prevention, intervention and
support of those bereaved by
suicide.

www.ifucareshare.co.uk

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Suggestions

In the moment:

- Do listen and ensure people feel heard without judgment.
- Do remember everyone is different. There is no one answer to achieve positive well-being or for it to remain at any level for any length of time.
- Do encourage people to talk to someone about their daily thoughts and feelings.
- Do share that unhelpful thoughts and feelings are a part of life and it is when these begin to affect one's everyday life that help should be sought.
- Do remind people of the available support network, resources and services.

Reflections for staff:

- Are you comfortable talking about mental and emotional well-being?
- Do you feel a need to undertake education and training?
- To what extent can/should you talk about emotional well-being before referring to a colleague/professional?
- What boundaries do you have for such conversations, i.e. time, confidentiality?
- There is much talk of 'focussing on positives instead' which is undoubtedly helpful but could be a privilege. This brings risk of suppressing unhelpful thoughts and feelings, so where appropriate can you encourage people to find somewhere to express all thoughts and feelings?
- How do you manage your own emotional well-being?

Resources

BelievePerform - Staff Membership > Sports Psychology & Mental Health Resources

LFE - EMS > Library > Player Care > Life Skills > Mental Health

LFE - EMS > Online Content > Life Skills Course > Mental Health

LFE - Well-being Induction Module

Mind - Resources Toolkit

NHS - Every Mind Matters

The PFA - Safety Net

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